

# Helminthic Therapy Success Stories *and failures*

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## Introduction

This document contains 500 anecdotal reports of both success and failure with [helminthic therapy](#) using mainly the human hookworm, *Necator americanus*, but also the human whipworm, *Trichuris trichiura*, the ova of the pig whipworm, *Trichuris suis* and the cysticercoids of the rat tapeworm, *Hymenolepis diminuta*.

Most of these reports have been collected from social media, in particular from the [Facebook Helminthic Therapy Support Group](#), where membership is required in order to read the original posts, and the [Yahoo Helminthic Therapy Forum](#), where posts can be read by non-members. A few reports were received via private correspondence.

Although not approved for use by doctors anywhere in the world, this therapy has been used by pioneering individuals for more than a decade to treat a wide range of autoimmune, inflammatory and allergic conditions.

*Although self-treatment with helminths cannot be recommended by medical professionals due to a lack of blinded, placebo controlled trials, neither should it be discouraged since the available evidence suggests that it is beneficial in most cases when practiced by knowledgeable individuals. (Parker and Morey, 2015)*

There are already an estimated 7,000 users enjoying the benefits of this natural treatment.

*What was a costly and sometimes risky venture into the unknown, undertaken by only a few 10 years ago, is rapidly becoming a readily available and well-established resource currently used by thousands of individuals. (Cheng et al, 2015)*

Approximately 75% of those who self-treat with helminths are estimated to experience an improvement in their health. [\[Link\]](#) This overall response rate is particularly impressive given that most people who use this therapy have already tried every other treatment that is available for their condition. The fact that many of these individuals have taken the time to report their experience is amazing, for two reasons. Firstly, because many people are keen to hide the fact that they are hosting “worms” and some are not even prepared to divulge this fact to close family members so never report their experience. Secondly, the majority of those who get well as a result of using helminthic therapy can't wait to resume the life that their illness had put on hold, so they very quickly lose interest in relating their stories online.

The few failures that have been reported are included below, in *italics*. However, the individuals who reported these did not always follow best practice and, in some cases, had terminated their helminth population prematurely. Since it is known that remission may not be achieved for up to 2 years following the first inoculation with helminths, the treatment cannot be assumed to have failed until this point.

Where people have described their success with several conditions in a single report, this has been duplicated so that it appears in each of the appropriate sections of this document.

**The testimonials presented below are from individuals stating what results THEY have experienced personally. They and the compiler of this document are not making any medical claims and are not saying that helminthic therapy will cure the problems that you have. What worked for others may not work for you. Please see our [disclaimer](#).**

## Abbreviations

HD - the rat tapeworm, [Himenolepis diminuta](#)  
HDC - the [cysticercoids](#) of the rat tapeworm, [Himenolepis diminuta](#)  
HK - hookworm, referring to the human hookworm, [Necator americanus](#)  
HT - helminthic therapy  
HW - hookworm, referring to the human hookworm, [Necator americanus](#)  
NA - the human hookworm, [Necator americanus](#)  
TS - the porcine (pig) whipworm, [Trichuris suis](#)  
TSO - the ova (eggs) of the porcine (pig) whipworm, [Trichuris suis](#)  
TT - the human whipworm, [Trichuris trichiura](#)  
TTO - the ova (eggs) of the human whipworm, [Trichuris trichiura](#)  
WW - whipworm, usually referring to the human whipworm, [Trichuris trichiura](#), but also possibly the pig whipworm, [Trichuris suis](#)

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# Reports

## Acne

"One more positive change I have noticed is I no longer get acne on my back, something I thought I would grow out of after my teens. But no they persisted, but since I've been hosting my new friends (hookworms) my skin has been very healthy and clear. NO MORE ZITS!" [Read more](#)

"My acne has cleared up." [Read more](#)

And it was still much less frequent over 2 years later. [Read more](#)

"I've had no negative side effects and strangely my long-term moderate acne (over 20 years) has cleared up almost entirely in the past two weeks." [Read more](#)

"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." [Read more](#)

## Adhesions

"... since hosting my helminths... the pain from my adhesions has been considerably less." [Read more](#)

## Adrenal fatigue

"According to my doctor my adrenal fatigue was related to fibromyalgia. After 9 months and 45 HWs later I have stopped taking hydrocort, stopped with all sleeping medications, and am getting ready to stop the cortisol supplement. I am waking up with more energy, going to sleep naturally, and not crashing during the day. I credit the HWs with this improvement after suffering for more than 6 years and trying many different treatments with no improvement. I also suffer from many other issues and my energy levels are still low but this improvement for me is huge." [Read more](#)

## Allergy (Also see [Food allergy](#), [Food intolerance](#) and [Rhinitis](#))

"... probably 1/4 of my coworkers are experiencing some degree of seasonal allergy troubles. And I have experienced almost nothing. I've sneezed a few times and that is it. What really did it for me was that I would normally be wiped out this time of year, but all weekend I was out and about doing all kinds of stuff with plenty of energy. This is such a radical difference over what had been a declining condition that I really can't be skeptical anymore. I never thought I would use language this absolute to describe the results of this therapy. I have no choice but to say "I have been cured." [Read more](#)

"... a dramatic improvement..." [Read more](#)

"... my hay fever and allergies are 100 percent gone!" [Read more](#)

"He is playing baseball this summer. An impossibility before since he is allergic to grasses, trees and flowers" [Read more](#)

"... its been just over three years since receiving hookworm therapy and... my MS and allergies are still in complete remission!" [Read more](#)

"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." [Read more](#)

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life." [Read more](#)

"... I increased my infestation level until my asthma and hay fever were cured." [Read more](#)

"... free of asthma and allergies for the first time in twelve years." [Read more](#)

"But the big thing I've noticed is ... I haven't had hay fever so far this year. By this time last year I'd visited a doctor about my puffy eyes and fatigue. For the last couple of years I've had episodes in which my eyes swell up at the

same time I'm hit with a hay fever attack. I lost a few days work as I essentially lay down and slept through the episodes... Anyway, this year, nothing. No hay fever... no puffy eyes..." [Read more](#)

"(My son) started HT for asthma/allergies. (He) has been at a camp this week and has spent the large majority of the time outdoors, playing games etc. in a grassy field. He was covered with grass last night and said, "Mom, I don't itch!" [Read more](#)

"... over a 2 year period I have had two doses a total of 85. Unfortunately I did not benefit at all from the doses. I did have a significant response at the site of infestation. Huge raised red lump and blisters on both of the 35 & 50 doses." [Read more](#)

"My husband infected with 20 hookworms, then 20 a year later. Depression for him, which he's never had, began in year 2. The worms didn't help his walnut allergy. He became increasingly depressed and started on an antidepressant which helped a little. In April, he killed them and immediately felt better and quit the antidepressant." (Reported in a private discussion, Aug 2012)

"Thanks to helminthic therapy, she can cope much better now with mold..." [Read more](#)

"Since my teenage years I have suffered with hay fever, dog allergy and a constantly blocked and running nose and sneezing fits. Now I can BREATHE! My allergic issues have not completely disappeared but improved massively. Hookworm and kefir have made a huge difference. It has worked for me and I would recommend that anyone looking to alleviate allergic conditions give it a go and give it time." [Read more](#)

"I'm a gal who has been allergic to the world since I was born (I was born with a head-to-toe body rash) and today I'm allergic to animals, pollens, dust, corn, wheat, fish, chocolate, bee stings, and maybe lactose. I had my first dose of worms on 4 November 2012 and my second dose at the beginning of this month. I have been eating things lately that would have made my skin explode, even just a month ago. It is very early but my asthma is vastly improved and so is my skin. I even ate a bit of corn yesterday and woke up with regular eyes, not swollen. Oh I ate gluten this weekend. Bread. Unimaginable! I've been so afraid of everything because of my violent reactions. It's like the world is becoming a more friendly place for me. I could get used to this fast. Think of all of the things I have yet to explore, and to eat." (Reported in a private message, Feb 2013)

"I've also seen marked improvements in my allergies. While I still have symptoms they are 100% better than they were. Before the worms, I always had a stuffed or runny nose. People were always asking if I had a cold. Since my first dose, I've seldom had a stuffy nose. It's so great to be able to breathe! I seem to be less reactive to other allergy and asthma triggers as well." [Read more](#)

"This spring, i had a good top off of hookworm... so they were fired up and ready to go when the allergens filled the air. i marveled at how well i was breathing. in years past my asthma and sinus allergies have been so bad i had to stay indoors huddled next to an air filter. not anymore. worms are great medicine." [Read more](#)

"Almost a full year since inoculation (I've had 4 total), I can say with certainty now that helminthic therapy has been a life-changing success for me... I used to have allergies year round and couldn't breathe properly (which meant poor sleep). Nowadays I don't even remember the last time my nose was too stuffy to sleep well (I haven't taken any antihistamines in a while), and my family has mentioned that they don't hear me snoring anymore... I have never experienced a single side effect (other than the skin rash) from any of my inoculations, so I was always worried that it wasn't working out. The improvements have been so gradual and slow that I didn't notice them, so it's good that I didn't give up despite the road bumps along the way." [Read more](#)

"Also as a nice plus of this treatment I saw my spring allergies that I have been dealing with for 7 years since I moved into my new home completely gone..." [Read more](#)

"My pollen and cat allergies improved 90% with HW" [Read more](#)

"Another fantastic thing that these little guys did for me was my allergies are basically gone.. Before the parasites I could not be around cats for more than 10 min and my breathing would get so bad I would need my inhaler and sometimes I have had to go to the hospital for my breathing.. I have been doing experiments with my neighbors cats and I have been able to be their for 5 hours! So I'm hoping with more Hookworms things will only get better. Now I do not need inhalers or anything.. They are truly a miracle for me.." [Read more](#)

"So I've gotten a total of... 5 inoculations. Every 6 months or so I do it. I didn't feel any relief until 8-10 months into the therapy. I almost lost hope. The improvement was very gradual. I still have very minor congestion, and sometimes my eyes do itch, but it doesn't come close to the misery I felt before this therapy. I would say that my allergies are about 75% in remission. Foods I couldn't eat before now don't bother me. Including: almonds, all fruits, and a few other things I forgot I was allergic to. I still do feel a SLIGHT reaction from fruits. But I can eat a whole apple and only get some tingling now. Strawberries don't make my insides feel like exploding. All in all it has been a major blessing for me. I highly recommend it." [Read more](#)

"I've always been one of those snufflers that have a constantly runny nose which turned into proper allergic eye scratching wheezy misery when exposed to all the usual triggers - dust, pollen, pets etc... (After inoculating with hookworms) my nose has totally dried up - I'm no longer a mouth breather! This years pollen season has been a breeze. I haven't once reached for the usual steroid nasal spray or antihistamines. All in all it's been a huge success for me..." [Read more](#)

"I inoculated with my first dose of HW in September 2013. My third dose was in around April 2014. Sometime in July 2014, 98% of my allergic reactions (hives on body -urtacaria- as well as swelling in my face - angioedema) went away. So I stopped taking the daily antihistamines I had been taking. Since then I have had only infrequent and mild break-outs... This is a big relief for me, as my face was swelling up and I was getting hives daily and weekly for two years... and now they seem to be in remission." [Read more](#)

"In the last few months, HDC have apparently stopped my 'seasonal' allergies, which were getting bad enough that I'd wake up daily with a sore tonsil on the side I slept, and developed a chronic case of bronchitis." [Read more](#)

"I've been taking it (HDC) for 3-4 months and I've barely sneezed so far this allergy season (usually peaks late May to mid June for me)." [Source](#)

"I've had severe hay fever ever since I can remember (I'm now mid-40s) and a few years ago I heard about a hookworm therapy trial taking place at Nottingham University, in the UK, for people with hay fever or asthma. I managed to get myself on the trial and ended up being 'infected' with 10 hookworms... and when the next summer came I was amazed to see the results: I felt myself starting to get hay fever and then it just stopped before the craziness kicked in. I kept feeling myself starting to react and then, before the reaction could go into overdrive, the symptoms just stopped. I was utterly amazed and managed to actually enjoy the whole summer for the first time I could ever remember." [Read more](#)

"I'm getting very excited about my dust mite allergy daughter. In the last 6 weeks+ she has been showing tiny progressive signs of improvement. She started forgetting to take one of her daily allergy medications - there seemed to be no increase in allergy activity... two weeks later she began forgetting to take her nasal spray... no negative impact!! This is coming from a kid who would beg me to let her have extra doses of everything because nothing was working. She was miserable a couple of months ago, now it looks like the miraculous is happening right under our noses. I'm sure this last dose (of hookworms) will finish the job that is well started." [Source](#)

"I had a lifelong allergy to cat dander (among other substances), and after 145 HW, that's gone." [Source](#)

"For the last 2 weeks my son has been able to stroke and even hug the dogs without getting a severe allergic reaction... I'm finding it hard to comprehend actually that my son is able to hug and stroke the dogs - without washing his hands and still not get - swelling eyes, wheezing and rashes - by just hosting 5 hookworms!! Plus he hasn't needed to use anti-histamines for weeks now. Wow! If he does over-do it with the dogs - like sitting stroking the dogs watching TV + hugging and kissing them (which was unheard of pre HW's) then he does sneeze and rub his eyes - but not the severe reaction he used to get... he is very happy! We were actually in a situation where I was considering having to get rid of the dogs, it was that bad - which was an unbearable thought for all of us especially my son - he said NO WAY!!" [Read more](#)

"The first time i took just 30 hdc, my pollen and dust mite allergies--which manifested daily at all times of year as histamine reactions--disappeared pretty much for good. This is technically scientifically impossible, but its true." [Source](#)

"The big improvement has been in my allergies. I hardly noticed them this summer. I had an occasional sneeze but not the constant sneezing, with itchy, watery eyes. Also, I got stung by a wasp which would have required administration of epinephrine and an ER visit in the past. I barely got a mark. I needed no medication." [Read more](#)

*"I have tried hookworm (about 120 for about three years to treat airborne allergies). They didn't work for me and I have just started HDC."* [Source](#)

## Allodynia

"I've even been able to wear my glasses for several hours today, which is a huge improvement, as I normally have dreadful allodynia with them and can only stand to wear them a few minutes at a time." (Reported 18 weeks after inoculating with 5 NA and then adding 10-12 more at 12 weeks.) ([Read more](#))

## 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." [Read more](#)

"Our 5yo daughter has anaphylaxis to peanut, egg and milk and also salicylate intolerance. Since starting low dose helminths in August 2012 we are now seeing a good reduction in her salicylate intolerance, she is eating a lot more foods that are high in salicylates, also her stomach aches have gone and so has her eczema. We tried many different alternative therapies and nothing has worked until now. We are very pleased." (Reported to a closed group, Mar 2013)

## Angioedema

"I did not have any angioedema during HT. My coughing seems slightly better in the 9 weeks following treatment, but it is not gone." (Reported by a subject with *hereditary* angioedema.) [Read more](#)

"I'm hosting about 100 HW ... My (facial) angioedema is mostly gone. I'm off all meds but it took 6-7 months." [Read more](#)

## Ankylosing spondylitis

"I have ankylosing spondylitis, diagnosed approx 20 years ago. After the initial dosing (25 NA approx 8 months ago) I slowly began to see the benefits after about 2 months. For me, these were a reduction in morning pain, reduced severity of plantar fasciitis symptoms, slight decrease in fatigue, and a decrease in oxycontin dosing at the same time. This slight improvement gave me the hope. Now, three months after my second dose, I'm really seeing the benefits and am WAY healthier than I have been for many, many years. My energy levels have improved (not terrific, but MUCH better), pain has greatly receded, now coming on much later in the day, and some days, not that bad at all, morning stiffness is so improved I nearly have to slap myself some days to believe I'm not dreaming, my night-times are no longer plagued by pain-induced insomnia, plantar fasciitis pain is minimal, and my mood is far more stable... Over this time I have again reduced my oxycontin intake (and for the first time in 5 years, can imagine a time in the next couple of months when I may even be free of it!) ... I am so well, I am doing a good amount of yoga again, and I think the improvements can be directly attributed to my little friends." [Read more](#)

The following two reports are about the same individual.

1. "A local rheumatologist diagnosed a rare autoimmune disease called ankylosing spondylitis, sometimes called bamboo spine. Wittlake's vertebrae were fusing together. His immune system was malfunctioning and attacking his spine. He was told that once the whole spine was fused, walking would turn into shuffling, and there was no cure... In February of last year, Wittlake infected himself with parasites (hookworms)... By fall, he was walking erect. By December, he was snowboarding pain-free on Mount Bachelor." [Read more](#)

2. "My husband was diagnosed with ankylosing spondylitis 2.5 years ago after more than a decade of misdiagnoses. 1.5 years ago he took 20 hookworm and has since taken 2 more doses (each about 6 months apart, for a total of 75-80 worms). After the initial dose, he began noticing improvement in his symptoms after 6-8 months. After a year, his symptoms were completely gone with the disease seemingly in remission. It has been truly life changing for us as he was a long time professional snowboarder and the disease was completely robbing him of this important part of his life... not to mention the toll chronic pain can take on your mental health. A year ago, he could hardly walk from the bed to the bathroom some days, and now he is active, mobile, and snowboarding pain free for the first time in many years." [Read more](#)

"I have had Ankylosing Spondylitis for thirty-eight years. Twenty-four years ago I also developed A.S. related inflammatory bowel disease. My main battle at this stage of the disease appears to be centered in my gastro intestinal system... I've tried everything from the sulfa drugs to enbrel and humira and everything in between. I have been on anti-TNF drugs on and off for the past 17 years but they do not cure you, they simply keep you dependent on the drug which has a myriad of side effects... Three years ago I read about Helminthic therapy and decided to give it a go. It's been a long journey of ups and downs, disappointments and successes. What I have learned is that 1) you have to be patient and 2) what works for one person, may not work for another... I've come to realize that I have a very strong immune system and it works in earnest to kick the helminths out of my body... I need to inoculate every other month with 10-15 HW... For me personally, I seem to have greater success with NA than TTO... the NA help reduce bowel urgency, food intolerances, insomnia, depression, and gut pain. They just seem to calm things down." [Read more](#)

## Anxiety

"My symptoms of anxiety continue to get gradually better." [Read more](#)

"... the hookworms... kicked in about 24 weeks after inoculation, which ended my 15 month nightmare with the anxiety." [Read more](#)

"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. [Read more](#)

"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." [Read more](#)

"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)

"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 to the [Facebook Helminthic Therapy Support Group](#), 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...)" [Read more](#)

"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." [Read more](#)

"This therapy can be fantastic for anxiety reduction and we've seen it in every member of our family. My poor little girl had rampaging anxiety and nothing made it better. She had so much pain all the time that she was constantly anticipating more pain and very defensive. She couldn't stand to listen to a story with anything scary (she didn't want to listen to Mr. Rogers telling the story of Goldilocks and the Three Bears, that's how bad it was). Then she got hookworm. Her anxiety vaporized completely, possibly for the first time in her entire life. She completely changed. Last year, she read all of the Harry Potter books and watched all the movies -- that's how much lower her anxiety and pain are now." [Read more](#)

"I noticed the relaxed feeling with HW as well. They gave me an overall good feeling and relieved debilitating anxiety that kept me from doing things that I love doing and from seeing friends." [Read more](#)

"The HW also had a fairly dramatic effect on my anxiety levels." (Reported to a closed group, Aug 2013)

"I inoculated with hookworm hoping that it would help my chronic sinus issues. I still can't believe how much better my sinuses are. But I wasn't expecting any changes in personality, so they came as a shock. My lifelong battle with depression and anxiety seems to be over. And I'm also smarter again (like when I was a kid)." [Read more](#)

"After hosting hookworm I no longer have bouts of depression and anxiety." [Read more](#)

"My depression and anxiety and brain fog have disappeared on NA." [Source](#)

"I can attest to a huge improvement in my anxiety and depression within just a few weeks of my first NA dose (off all meds now) but I'd say I still have some mild residual symptoms." [Read more](#)

## 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." [Read more](#)

"Day 19: I'm having a lot of cravings suddenly and am more hungry than usual." (Reported in a private discussion by someone with severe food intolerance, May 2012)

"I am still in a state of shock because I haven't gone this long in 23 years with having a long period where I actually crave and enjoy my food. I pray this miracle continues!" (Reported in a private communication, Nov 2014)



"I have noticed an increase in appetite when I use them (HDC) and have noticed the same increase in appetite in my son since he started using them." [Read more](#)

## **Arthritis** (Also see [Rheumatoid Arthritis \[RA\]](#))

Two reports from someone with Crohn's-related arthritis.

1. "Amazing! Symptom free and drug free after 33 years of illness! WOW!" [Read more](#)
2. "I attribute the remission of arthritis to hookworm. It took two years for the arthritis to pretty much disappear. I get achy joints now and again but nothing severe anymore." [Read more](#)

"I had knee pain for 20 years after quitting running, accompanied by a 24/7 warm feeling on the surface around both knees. After my third inoculation of helminths, the warmth went away. I believe it was some form of immune response to the damage in my knees, or perhaps a type of arthritis. Anyway, it's gone..." [Read More](#)

## **Asthma**

"To be able to just breath without thinking about it is fantastic. No more asthma!" [Read more](#)

"By all measures my asthma and upper respiratory complaints are gone." [Read more](#)

"... I increased my infestation level until my asthma and hay fever were cured." [Read more](#)

"...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." [Read more](#)

"... no short breath, no attacks, nothing that makes me aware of my breathing. Stoked!" [Read more](#)

"My five year slide into asthma hell is over... the difference in my life is night and day." [Read more](#)

"By week 13... there was significant improvement compared to my pre-hookworm condition." [Read more](#)

"... 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." [Read more](#)

The following two reports are by the same blogger, almost two years apart.

1. "It's now been a bit more than 6 months since my initial inoculation, and I'm now the proud mom to 85 hookworms and the results I have seen have been amazing! ... I stopped taking one of my asthma medicines completely, and I only have had to use my rescue inhaler about once every 2 weeks or so. BW (before worms) I was taking my rescue inhaler at least once a day. I would have to refill it every month. I have the same one now that I refilled in June (3 months ago)." [Read more](#)

2. "For the larger part of my 30 years here on earth I've struggled to breathe every single day. I didn't know any different. I puffed on my "rescue" inhaler a few times and went on with my day... I was guaranteed at least one ER visit a year for my asthma. To have two years go by without one was awesome... I realized just how much things have changed since I brought my little worm babies home two years ago... It's so great to be able to breathe!" [Read more](#)

"Over the course of the year, I have slowly ramped up to 150 hooks and, almost unnoticed while I was getting the side effects, my problems diminished immensely. The fatigue is much reduced, I've lost that 'tired but wired' feeling that stopped me relaxing properly, and I've started to sleep better. I get less stressed by ordinary events, and almost never use my inhalers any more. The condition of my skin, nails & hair has improved greatly." (Reported in a private discussion, Feb 2013)

"(Helminthic therapy) has really reduced my allergy and asthma "flare-ups". Over the past few months, I haven't had an asthma attack without my inhaler and I can actually do more cardio workouts than I used to do. IT IS GREAT!" (Reported, after only one dose of hookworms, in a private message, Mar 2013)

The following two reports are by the same individual, written at 6 and 18 months.

1. "I'm at month 6 with 75 HW. Today I went for a hike, uphill, at 8,500-9,000 ft., at a peak tree pollen and allergy time in our area, and I didn't wheeze at all. In fact, I "forgot" my inhaler in the car and didn't even need it. This is significant for me and I hope it gives encouragement to others." [Read more](#)

2. "18-month update... I estimate I now have around 160 hookworms... Last week, just about 40 days past my most recent inoculation... I noticed that I had NO ASTHMA SYMPTOMS at all, for the first time. I was not needing my inhaler, nor wheezing at night. I could breathe through the seasonally heaviest pollen index... I'm truly able now to see how much better I feel than I did 18 months ago. Not only with the asthma, but overall." [Read more](#)

## Autism

The following five reports, written over a period of 6 years, all relate to the same child.

1. "Since then Alex has made nothing short of stunning progress. I mean WOW." [Read more](#)
2. "... 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" [Read more](#)
3. "My older son is 16 and autistic. I started with TSO 3 years ago and within 12 weeks or so, began to see positive results in terms of digestive symptoms, mood, and eventually cognition." [Read more](#)
4. "... I officially declare hookworms to be rockin'... 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." (Posted on a since deleted website.)
5. "We started the HDC in August (and) I have gotten similar results with the HDC as the TSO: he has no GI symptoms now and, except for a migraine condition that I am still working on, is almost continually very happy and social. I am going to be experimenting with much higher doses of HDC to see if we can improve the migraines more." [Read more](#)

The following two reports are about the same teenager.

1. "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." [Read more](#)
2. "...we began treating my son with TSO. After 10 weeks he completely lost all symptoms of agitation, aggression, self abusive behavior (including head smashing and hand biting), perseveration, behavioral inflexibility, compulsivity, impulsivity, repeated questioning, "stimming" and hypersensitivity to external stimuli. He continues to take TSO every two weeks and the symptoms have been gone now for 15 months. [Read more](#) and [watch video](#)

"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)

"(Our son) has started playing imaginatively with toys for the first time in his life. He has started pretend playing appropriately with all kinds of different toys - cars, superhero action figures, dinosaurs, .... It's something we tried working on with him for years in his behavioral therapy and eventually gave up. I can't say for sure it's because of the helminths, but I can't think of any other reason for the sudden change. It's such a great feeling to see him doing this finally." (Reported in a private message, Nov 2012)

The following three reports are by the same very happy parent.

1. "... had to share this as its independent confirmation of what we've been seeing at home. Today I had a meeting at school to discuss my 6yo's special needs educational plan and was overjoyed when I was told without any prompting he had "a complete turnaround a few months ago after parents evening" and that he has been paying attention, sitting still and being kind to the other children. Guess what therapy we started in the week following that parents evening." [Read more](#)
2. "For us, the benefits of giving my autistic 6yo HDC include vastly reduced risk to everyday dangers. I used to have to physically restrain him near roads as he had little control over impulses. We had more than one near miss when he bolted away into the path of unsuspecting cars! He now has sufficient control over impulses that he would not do that." [Read more](#)
3. "He's 7 now and continues to do really well, much calmer than he used to be. I'm so very proud of him today because he willingly went to an all-day holiday science camp in an unfamiliar location and where he knew nobody and he bounced out like any neurotypical kid and asked to go again." [Read more](#), [here](#), [here](#) and [here](#).

"I am now pretty confident that TSO are a big success for my autistic boy (5 yo). The change has been amazing. He has a very long way to go, but the effect of TSO is very noticeable - for us, his therapists, his preschool. After years of really hard work and nothing helping, this is almost like magic... He is finally developing socially... We are so glad we plucked up the courage to try helminths." [Read more](#)

## Autoimmune hepatitis

"I began to notice the crippling symptoms of my autoimmune diseases (MCTD/lupus, Fibromyalgia, Raynauds, and Autoimmune hepatitis) fading about 1 month after my second dose ... I Feel Normal ... I see possibilities and hope where I once saw nothing but blackness and despair." [Read more](#)

## Autoimmune kidney disease (Also see [IgA nephropathy](#))

Three reports by the same person.

1. "I am currently on immunosuppressant drugs for an autoimmune kidney disease (which I have been on for 6 years), and the first time I ever saw actual improvement in my condition was when I got my worms (the drugs only slowed the progress of the disease - they never made my kidney function actually improve)" [Read more](#)

2. "5 weeks post my first inoculation with hw, my kidney function has increased another 5%, for a total of a TEN PERCENT increase so far (now at 27%)! Prior to hw infection, my function was at 17% and dropping fast. I did not anticipate to have such wonderful results so soon." [Read more](#)

A further update at 8 months reported a setback after minor surgery and a course of antibiotics had put this individual's worms out of action temporarily. Nevertheless...

3. "The incredible part of the story is that within a few days of my worms waking up, my kidney function dramatically improved... and... is still improving. In the month since my worms woke up - my kidney function (egfr) went from working at 10% capacity (kidney failure) to now being at 35%. I love my worms. And I am never going on antibiotics again." [Read more](#)

## Barrett's Oesophagus

"Two years ago I was diagnosed with Barrett's Esophagus. I had an endoscopy 2 weeks ago which showed no Barrett's." [Read more](#)

## Bloating

"I'm finding at week 11 (after a dose of 50 NA) I'm suddenly able to pass gas, rather than holding it trapped in my gut for days on end, and this has resulted in a much happier vagus nerve!" [Read more](#)

## Body temperature, poor control of

"This is awesome! I am so excited that I feel warm. I normally have unusually low body temp and am always freezing my ass off. I'm thinking this is progress." (Reported in a private discussion, Sept 2012)

## "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..." [Read more](#)

"... i was suffering brain fog... this has all definitely improved. [Read more](#)

"I've been doing helminths for a couple of years now, and have finally got the dose right. They have cleared up my head fog considerably, and in fact I just had a three week stretch in which I was completely symptom free. Which was amazing, and I'm very grateful." [Read more](#)

"I have ... not had the terrible sleepiness and brain fog I normally get." [Read more](#)

"... brain fog is greatly improved, and i have more energy." (Posted to the [Facebook Helminthic Therapy Support group](#). Link now expired.)

"Brain fog/etc has completely cleared up in a very non-druggy way. It's hard to describe but supplements which 'clear up brain fog' were obviously just getting me 'high'. In contrast, hookworms have cleared up brain fog just by removing the brain fog and making me normal again." [Read more](#)

"My depression and anxiety and brain fog have disappeared on NA." [Source](#)

## Bronchitis

"So far I have taken 35 HW and 300 human WW. My chronic bronchitis seems to be gone, and my asthma as well, and I was able to drop my prednisone from 20mg to 12mg for my ulcerative colitis." [Read more](#)

## 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.)

"... i've noticed reduced candida symptoms since doing HT, such as improved skin, no more colitis, but you're probably correct that rather than killing off the candida, it's dampening how my immune system overreacts to the yeast." [Read more](#)

"I suffer from candida and am not sure that hookworms have changed that but they seem to have dampened my body's reactions to the candida. I have less burning and itching down below and in my eyes, feel stronger and more vital, my mouth is less raw, my stomach more stable and I can tolerate more foods, etc." [Read more](#)

## Car sickness

"... my car sickness seems to be cured." [Read more](#)

And this was still in remission 2-3 years later. [Read more](#)

## Celiac/coeliac disease (See also [Non-celiac/coeliac gluten sensitivity \[NCGS\]](#))

"(My husband) had celiac disease (confirmed via endoscopy/biopsy) and was on a starch free diet for ankylosing spondylitis... but now he has a completely unrestricted diet for the first time and has not noticed any ill effects from the gluten or starch... its awesome!" [Read more](#) [here](#) and [here](#).

"I am a 30yo female diagnosed with celiac disease 15 years ago. I have experienced chronic diarrhea and iron deficiency anemia although I eat a gluten free diet (as confirmed by continued lab work). I inoculated with two doses of 15NA 1.5yrs ago. My ferritin before inoculation was 22 (highest I'd ever had is 32). Six months later my ferritin elevated to 56! Additionally stools became much more firm and increased in diameter (previously pencil thin). I did not attempt to eat gluten, but I did start eating at restaurants where cross contamination was more likely (pizza restaurants, and restaurants with shared cooking spaces) and did not get sick. Whether this was due to psychological or physiological effects I'm not sure, but I'm very pleased." (Via private communication.)

I have Celiac Disease. My first dose was 30hw when I was 18 in 2009. I re-upped in January 2016 of this year with 30hw and then again 30 more 3 months later... I have an extremely sensitive system and my Celiac Disease is very active. I have sensitivity below 20ppm and symptoms after ingesting gluten include brain fog, short-lived but intense depression (4-8 hours), memory loss, clumsiness, headache, bloating, facial rash, abdominal pain, severe diarrhea. I suffered greatly before hook worms and found that post-inoculation, my response time to gluten changed from 6 hours to 12-18 hours with greatly reduced symptoms. It's the difference between missing a couple days of work vs. being able to manage. I still don't eat out at restaurants unless I Nima test the food or it is a 100% gluten free facility. I don't eat at friends house or have any gluten in my household. The two years where the hook worms probably died and I didn't re-up were horrific - my sickness felt twice as bad as it used to be because I knew my baseline wellness could be so much higher." [Read more](#)

"I first inoculated (6 months ago) with 25 NA. I started HT not to eat gluten again but to know I was not doing as much damage to my body if I should accidentally get a small amount while out. I also didn't think that being gluten free was helping as much as it should. Since being diagnosed I have eaten super healthy... But despite this, I was sick at least every few weeks, which has been happening my whole life... Well it's now been 5 months since I've been

ill. Not so much as a sniffle. My glands aren't swollen. I saw a functional medicine doctor recently... He ran a lot of tests and when they came back he said that I am the healthiest coeliac he has ever seen... My blood results were all in the normal range besides the Absolute Eosinophils which were 1078 (no surprise)." [Read more](#)

### **Chronic Fatigue Syndrome (CFS) (Also see [Fatigue](#))**

"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)

"Before I got hookworms, I was in a VERY bad way! I could only spend the briefest of periods out of my bed or chair... My basic needs were attended to by visiting carers, but just interacting on a minimal level with these invariably very cheery folk would leave me exhausted! After many years of living like this, I adopted a team of hookworms in early 2009 and, in a matter of weeks, was feeling energised to an extent that I'd assumed I'd never experience again. I still get some brain fog if I'm tired, and rely on a good night's sleep to ensure optimum cognition. But, thanks to the worms, I no longer need to take a rest during the day, and I can now enjoy gardening, and even paint a fence, when required. I can also do exercises and use a spin bike to keep my ageing frame mobile. And, although officially retired, I'm working again, part-time. I doubt I'd get very far if I tried to run a marathon, but I can now do everything I want to do, and that's all that matters, so far as I'm concerned." [Read more](#)

"I have had some minor and curious improvements to my health, *but no improvements in my major symptoms, including my ME/CFS*. Although, I must admit, my gut function is greatly improved. I used to have constant discomfort and pain there. Now, almost never." [Read more](#)

"18 week update, treating for CFS/ME, chronic migraine, suspected RA. 5 NA, then 10-12 more at 12 weeks. My typical state pre-NA was 4-8 migraines per month and energy so low that I counted any day where I managed to cook food for dinner (with the rest of the day spent in bed or on the couch) as a good day. I had a step change improvement in energy at week 10, then a new surge of energy the last two days. In two days, I've cooked for hours, cleaned most of the house, done laundry and done a bit of spring pruning in the garden. A few minutes after I finished vacuuming this morning, my partner came up to the bedroom see me, expecting to find me in bed. Instead he found me outside on the deck with watercolours. My main concern today is not overdoing it to the point where I crash out for a week. I keep having to make myself sit down to rest as I have the energy to keep going. An unusual feeling for me. Also of note, it is winter in the Southern Hemisphere and typically my worst time of year for energy. Brain fog is no longer a daily problem. Greatly improved tolerance for high fructan foods." [\(Read more\)](#)

### **Cognition, poor**

"Like my son, who had gigantic cognitive leaps within weeks of inoculation, after I bumped up to about sixty hookworms, I am finding myself capable of doing things I have never been able to do in my entire life. The whole way that I see the world has literally changed it seems overnight. I can see people in a way I never did before (or it's been so many years that I just do not remember.) Every day has been fantastic for about eight weeks now." (Reported in a private discussion, Dec 2012)

"After hosting hookworm... I find that my ability to reason has improved, more like when I was young. This was surprising, to say the least." [Read more](#)

### **Cramps (abdominal)**

"Used to have cramps every 3-4 weeks (needed Vicodin for pain), now it happens much less frequently (2-3 months) and not as severe (much less Vicodin needed)" [Read more](#)

### **Crohn's disease**

"... it seems to have worked...my doctor is pretty optimistic about it actually" [Read more](#)

The following three reports are by, or about, the same person, written over nine months.

1. "... what can i say? life's a party!" [Read more](#)
2. "... she feels good, good energy, good color, very little pain or discomfort. She sleeps well and has a very good quality of life." [Read more](#)

3. "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..." [Read more](#)

The following two reports are by the same individual.

1. "I feel like I have my life back." [Read more](#)

2. "I continue to experience a gradual improvement in all of my crohns symptoms, but am relieved to see the lab work backs up our observations." [Read more](#)

The following three reports are by the same person, over twenty months.

1. "Pain and discomfort are almost nil. No urgency at all. Best of all today had a solid bm... it is a real joy to see this definite improvement." [Read more](#)

2. "Gut wise i feel better than i have in many years, including when i was strictly on SCD for 2 years." [Read more](#)

3. "My health is the best it has been for many years... Feeling really good and thankful..." [Read more](#)

"... 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!" [Read more](#)

"... 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." [Read more](#)

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

"... the change is nothing short of spectacular and has really transformed my life." [Read more](#)

"I saw my Rhuematologist today and got my latest ANA, sed rate, CRP results. He had to re read them THREE times! Said he just couldn't believe it... the ANA shows me going into remission and the sed rate has gone from 350 to 40! and my CRP was near normal. [Read more](#)

The following four reports are from the same individual, spanning 4 years.

1. "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." [Read more](#)

2. "Within 6 months I was off prednisone and achieved remission from CD... Symptom free and drug free after 33 years of illness! WOW!" [Read more](#)

3. "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." [Read more](#)

4. "When I began taking helminths my gut was in awful shape and my GI doc wanted to preform another surgery. I chose to begin helminth therapy hoping that it would save me and my gut. Helminths did what no stop gap surgery or drug could do, it put my CD in remission (after 30 years of coping) and has controlled it since then. It will be 10 years in Jan. 2016. Best choice I have ever made." ([Source](#))

"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." [Read more](#)

"His disease affects his entire digestive tract from mouth to anus.... He has been hospitalized at least yearly more often multiple times per year since he was ten. We started combination therapy (hookworm and whipworm) in September of 2011. He has not been in the hospital since... No cramping, no bleeding, no loose stools." [Read more](#)

"I have had Crohn's since 2000. I have tried every drug out there with little success and a couple of near death experiences. I have basically been living in a recliner for almost a year. From August 2011 until May 2012 I was moving between the bathroom and the recliner. This is my 3rd dose of hookworms. I had little hope that this would work but the results are unbelievable (and) the last month has been crazy great!! I hit my 100 days and painted my entire house, inside and out! I used my painkillers not for lower left quadrant pain but for being so sore from activity that I couldn't get out of bed!!! I love hookworms!!!" (Reported in a private discussion, Jun 2012)

"It has been over two years now since we began treating Crohn's disease in our daughter... (who was) diagnosed with Crohn's disease at the age of 14 months... Treating our little girl with helminthic therapy was the single best decision we could have made... The treatment has enabled her to live a normal life... rather than one riddled with pain and fatigue, pills, injections, and steroids... She is now over three and a half, and is as happy, healthy, and beautiful as any parent could want..." [Read more](#)

"Today marks exactly 600 days (20 months) since I have taken immunosuppressive medication of any kind. I suffer moderate to severe Crohn's, since 2006. I dosed with hookworm late 2010 (22 months ago), and twice in 2011. After three doses totalling 150 worms, I estimate that the hookworm alone achieves 85% symptom relief for me. I rejoice at the phenomenal benefit to my life. It would be no exaggeration to call my case a small miracle. I hope to continue to experience this degree of relief." (Reported in a private message, Aug 2012)

"I'm going to Tanzania to climb Kilimanjaro for charity on sunday. It's a pretty big thing for me, this time two years ago I couldn't walk much more than ten meters without discomfort, and walking anywhere for more than five minutes was out of the question. I don't half love my hookworms!" [Read more](#)

"I have crohns disease. I have had six bowel resections in the past, last one was seven yrs ago, and I have less than five ft left. I was heading for a feeding tube and surgery two yrs ago, when I got the worms. They work great for me, I am a super responder. All is under control now. I will make sure I always get topped up with hookworms, don't want to live without them." (Reported in a private message, Dec 2012)

"My 11 year old daughter is nearing the 15 month mark with her hook worms... and I wanted to give an update. My daughter has not been on ANY medication (including over-the-counter immodium) since my last posting. She has solid stools most of the time, and I can count the intestinal cramping episodes on one hand. (And frankly we wonder if those few episodes aren't related to school/stress and not Crohn's?). We are not so naive to believe there won't be hiccups down the road, but the helminthic therapy is thus far miraculous... the improvement from a year ago is stunning! Our beautiful little girl is yet again thriving..." [Read more](#)

"I just thought I'd share that yesterday was the first time I went to the grocery store in 6 months! I haven't felt this well in so long that it feels completely new to me. I felt quite proud of myself when I got home. In the past 6 months, the only two places I've been are my parent's house a few blocks away, and my son's school to pick him up. I'm starting to feel like a normal person again. I'm extremely pleased that my worms are working and that they are working so well! My "old friends" are my new (best) "old friends!" (Reported, after only 1 dose of hookworms, plus whipworms, in a private message, Mar 2013)

"Once the worm flu went away, I was in such a wonderful place. I was still taking my Remicade infusions, but I was practically off my Imuran... My colonoscopy showed major improvement, and I knew it was due to the worms." [Read more](#)

"I was diagnosed with Crohns in 2007. After the meds were ramped up to Remicade in January 2010 I explored alternatives and found helminthic therapy. I started on helminthic therapy in June 2010, had my last Remicade infusion on July 23, 2010 and never looked back. I've had my ups and downs, and earlier this year when the symptoms came back in full force and I realized my worms had probably all died, I got back on the "worm wagon" in early April of this year and am doing great again." (Reported to a closed group, Aug 2013)

"HT (hookworms) have completely changed my life. I can eat a normal range of foods now, my energy levels have been restored and I no longer take any pharmaceutical medication. I can't believe this treatment has not been adopted more widely, given how safe and effective it is." [Read more](#)

The following 2 posts are by the same person, 15 months apart.

1. "... the incredible pain I normally experience in my upper abdomen from the crohn's (mostly located in my jejunum) has slowly but surely vanished! I mean, how do you not notice something like that after suffering for so long?! I guess the improvements were slow and subtle. Anyhow, I feel very certain I can thank my HW for that! Nothing, and I do mean NOTHING has ever helped my crohn's so completely. In over 10 years, even the years I considered myself in remission, I was never so completely free from upper abdominal pain after a meal!" [Read more](#)

2. "When I started with HW I was having as many as 20-30 trips to the bathroom per day and through the night. I had a ton of intestinal bleeding. I was almost entirely home bound because I simply couldn't be far enough from a bathroom long enough to get anywhere... I was surviving solely on Absorb Plus at that time - no solid foods and was very under weight... It was around 4, maybe 5 months in that I noticed my abdominal pain had disappeared. Slowly my stools were becoming less frequent (10-15 times per day/night). Then they started firming up slightly. Then I was noticing less and less blood. I would have 1 good day out of 7, and I'd have energy and feel GOOD... I was able to go outside and do fun things with my kids again without being exhausted 5 minutes into an activity and desperately wanting to lie down. I wasn't constantly running to the bathroom. Now, I have really good days probably 65% of the time. I haven't had ANY blood in my stools in months now and my stools are mostly always formed... The urgency is MUCH better... For a while I was using LDN as well as helminths but now I'm using helminths solely... and I'm still seeing gradual improvement. This has been the single most helpful thing I've ever done for the Crohn's I've dealt with forever... I'm just so incredibly happy... I'm so glad I decided to try this. It's almost unbelievable... It quite possibly saved my life!" [Read more](#)

"I raced triathlon for several years... I struggled with the inflammatory results of all the training, and had relatively frequent flare ups of my chrons/colitis. Pre race anxiety also made things worse... So, I took a year off of training and decided to try HT without any exercise. Over the first year, I noticed a good deal of improvement in my symptoms and ability to tolerate allergens. Once I felt like I was stable, I started to ride my bike again. Over the next year, I was able to increase the frequency of my rides to 5-6x per week. I'm now racing cyclocross and enjoy it a great deal. While I have adjusted my expectations and anticipated outcomes, I still am able to get out, enjoy myself, and maintain a healthy lifestyle." [Read more](#)

"At 6 months in I realized that my HW had made a profound impact on my crohn's symptoms. It happened very very slowly and gradually for me. I wish I had tried HW earlier in my disease process. I really feel that had I inoculated right away, I could have avoided a lot of pain and misery." (Reported to the [Facebook Helminthic Therapy Support Group](#))

"My son has crohns and HT has been very effective. It did take a while (well over 12 months) but he is in very good shape now and has been for nearly a year." [Read more](#)

"A year after starting helminth therapy, I am 10 kgs heavier, eating really well, including all sorts of stuff I haven't eaten for years (although I am not eating EVERYTHING yet..), keeping fit, far more physically active and far less time in the bathroom. I am not "healed" but I am a hell of a lot better. Even my gastro said on my last visit to him, that he did not believe I'd be able to 'bounce back' without surgery and that he was pleasantly surprised." [Read more](#)

"I am in 3rd year of therapy now. I had a colonoscopy done in May 2014 and it did not show any sign of crohn's. As a result I have been put off from medication (mesalamine). It is two months after stopping medication and things are normal. In my case the improvements are still adding on in terms or overall benefits." (Reported to a closed group, Aug 2014)

"My daughter has Crohns and no matter which treatment she has had, over the last 7 yrs, her inflammatory markers never fell below 100. 3 months ago she started whipworm and hookworm therapy. I know its early days but yesterday her inflammatory markers where 27!!! Her treatment has been the same, with no other changes, so our little friends must be making the improvement! So pleased. Long may it continue!" [Read more](#)

"My son has done the combo of human ww/hw. (He started off with the HDC.) January 2015 was a total of 24 months. It was hard to know if it was working because the doctor put him on medicine. He was not doing well during the Holidays until we decided to see how he would do without any of the medicines. Well he's been doing great and living life free of crohns symptoms. When they did the endoscopy and colonoscopy wherever the worms were located the doctor even said these areas appeared normal." [Source](#)

"The worms really have been a dream come true. I know my western docs say it's a disease of flare/remission yah da yah da but my experience has been straight flare from moderate to severe for 2½ years until the worms and then



a straight decent to 98% remission a few months after starting the worms. I ditched the azathioprine (4 months ago) and so far everything has been grand." [Source](#)

## Depression/low mood

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

"I second getting some mood benefits from HT, which many others have noted as well." [Read more](#)

"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." [Read more](#)

"I inoculated with hookworm hoping that it would help my chronic sinus issues... But I wasn't expecting any changes in personality, so they came as a shock. My lifelong battle with depression and anxiety seems to be over. And I'm also smarter again (like when I was a kid)."

"I'd say hookworm has improved my mood... I wasn't actively depressed when I started hookworm but I definitely noticed a reduction in how much I had to use CBT-style challenging of my thinking." [Read more](#)

"I have been depressed most of my life. That eased a bit with IV magnesium. But it changed dramatically about 20 weeks after starting hookworms. My mood improved dramatically and I just felt happy - my psychological issues just disappeared." [Read more](#)

"The crippling morning depression I would experience has all but completely vanished. When I now wake up in the morning, I feel positive about getting up and optimistic without feeling drained or as if I had just gone to sleep an hour ago." (Written after 5 months with hookworms and two months of taking TSO for systemic lupus.) [Read more](#)

"I have good days now (after hosting NA for five years) when I never had good days for years, and sometimes I actually feel incredibly happy, something else that never really happened." [Read more](#)

"My depression and anxiety and brain fog have disappeared on NA." [Source](#)

"I can attest to a huge improvement in my anxiety and depression within just a few weeks of my first NA dose (off all meds now) but I'd say I still have some mild residual symptoms." [Read more](#)

## Dermatomyositis

"I am 7 months in to treatment for dermatomyositis and other autoimmune problems. I have 35 hookworms and have recovered almost completely. I had sun sensitivity, food allergies and skin problems which are all gone." [Read more](#)

## 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 [here](#).

## Diabetes Type 1

"We started to notice high blood glucose (BG 250) in our 9 year-old in early Nov of 2012, and when we went to the endo on 20th of that month, we were given a 6-12 month projection for insulin dependence and had autoantibodies measured. The results came back significantly positive for GAD65 and IAA... About 2 days before our 6 month check up in mid Aug 2013 we went out for sushi and had ice cream afterwards. Post Prandial was 111. The Post Prandial should be below 180 to not be considered diabetic, but below 140 is more in the normal range. We were dumbfounded because, a while back, this PP would have been near the 160-180 mark if not higher. We were also not being as strict with diet and sleep, when we saw the endo, as it was summer, and we still need to be a kid! ;-)  
However, I really was thinking that the A1C would be at least 6.0, but it wasn't. It was 5.5... Currently we have 70HW on board and will be dosing with another 30 or so to get to the 100 mark." [Read more](#)

"My 9yo son now has 70 HW, as our effort to head off pre-diabetes. His labs show his Triiodothyronine (T3) has gone from 181 to 136 with the helminths... His hemoglobin was called "high" before helminths at 5.8... Now it's 5.7." (Reported at 10 months after the first inoculation.) [Read more](#)

"I have a son who was tested positive for type 1 diabetes autoantibodies (ICA,GADA IAA,IA2A) at the age of 8 months. We have been told that he will almost certainly develop diabetes sooner or later. He had his first HW when he was 2 years old (3 years ago). Since then his B-HbA1C (glycosylated haemoglobin) has gradually come down from 5.7 to 5.0. Also two out of four autoantibodies have disappeared." [Read more](#)

"I am 60+ male who developed LADA (latent auto-immune diabetes in adults - sometimes called Type 1.5) out of the blue appx 20+ years ago. It gradually evolved to becoming insulin dependent. Nov. 2014 (13 months ago), all was going pretty well until I developed flu-like symptoms... Small doses of ibuprofen kept the pain at bay, but overall health continued to deteriorate... Then came the periodic double vision and ocular aches. January 31st, I started losing vision in one eye for 10 minutes at a time... My CRP was 165 and Sed Rate was 67. Oops! Neural ophthalmologist and Rheumatology Docs put me on high dose of Prednisone (60mg) to knock out the inflammation which had localized in the fat cells behind my eyes... by June the docs could not determine what caused this inflammatory outbreak. They ruled out everything and primarily ended up with a diagnosis of auto-immune disease with inflammation of unknown origin. Put me on 20mg weekly of Methotrexate (MTX) to replace the prednisone, but there was still some residual inflammation around my eyes. Rheumatologists wanted to put me on Rituximab... Still fatigued most of the time. My primary suggested HT as another approach. I began taking HDC at end of July. After 3 doses I was feeling much better and started reducing my doses of MTX... I increased doses to 60 ova biweekly in mid-October and have stayed at that dose. I weaned off MTX and stopped it entirely in mid-Nov. My inflammation markers are back to normal (CRP is 4.4; Sed Rate is 11) and I feel better than I have in 12 months... Ophthalmologist says everything looks ok and to only call if any symptoms return... My primary and I are both pleased with how HT is going." [Read more](#)

## Diarrhea/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." [Read more](#)

## Dysmenorrhoea/dysmenorrhea (painful menstruation)

"I had pain-free periods for the first time in my life after 6 months with hookworm, having previously suffered horrific pain. The feeling of pressure during a period, like my uterus is trying to fall out (which I understand is from the adenomyosis) is also massively reduced. I stayed pain-free for 6 months, then accidentally killed my hookworm with antibiotics and had immediate return of endo pain with next period. The pain was somewhat reduced after a small reinoculation (10 larvae) and stopped again 3 months after taking a further 35 larvae." [Read more](#)

## 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." [Read more](#)

The following two reports were written, two years apart, by the same person.

1. "One of my symptoms was severe eczema in the crook of my left arm. This has gone into complete remission since treatment." [Read more](#)
2. "I had an area of weeping eczema in the crook of my left arm, which has been in complete remission for a couple of years now. I also had papules that covered my upper arms, and they are now in about 97% remission." [Read more](#)

"... 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." [Read more](#)

"I'm at 18 months now, and I have seen a gradual and consistent improvement over this time in both my food allergy/intolerance and my eczema. The improvements in the former have been so amazing that they have overshadowed the changes to my skin, but these have also been occurring very gradually over the 18 months to the point where 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." [Read more](#)

"... it is my unfortunate duty to report that, so far, the helminths have not had an impact on my chronic, severe eczema." [Read more](#)

"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." [Read more](#)

"I had eczema mostly on my hands and arms, and sometimes on my neck for about 20 years. For the last 10 years or so I used prednisolone as needed. My first dose (of hookworms) was 2 months ago. I have had no eczema, and haven't been on pred for a few weeks. My skin hasn't looked this good in 10 years, and especially without any drugs." [Read more](#)

"It's now been a bit more than 6 months since my initial inoculation, and I'm now the proud mom to 85 hookworms and the results I have seen have been amazing! My eczema is fantastic! All summer I was able to wear short sleeves without worrying about how bad the eczema on my arms was." [Read more](#)

"My excema is prone to occasionally re occur but is much better than it was a few years ago, at this time of year I would scratch my skin raw in my sleep (very disturbed sleep) and flake dry skin all day. It was unbearable, my wife was genuinely concerned for my mental health. I feel more relaxed and generally contented than I can remember." [Read more](#)

"Our two year old son was sensitive to fragrances in detergents and soaps - we noticed he would scratch excessively if we put him in clothes that had been washed with scented detergent, and his eczema would flare up. (He has had mild eczema since he was 3 or 4 months old.) Since his first dose with 5 HW about 13 weeks ago, we have seen a significant improvement! His skin is pretty much clear, just a small patch of dryness on each of his feet. He no longer seems bothered after washing his hands with scented soap (this used to make his wrists itch for hours)." [Read more](#)

"Our 2½ year old started with 5 HW in May 2013. He had eczema, mild food allergies (egg white, wheat, and peanut), and was sensitive to fragrance and some foods (dairy, potatoes). So far we have seen significant improvement in the eczema and sensitivities. We have reintroduced dairy and potatoes in small amounts with no reaction..." (Reported to a closed group, Aug 2013)

"I started HT with hookworms for eczema in June 2013 and have now been totally eczema free for nearly 8 months. I had it mainly on my hands and face, but it could also spread all over in bad flares which were usually caused by contact with perfumes. It used to be so bad on my hands that I couldn't even bare to put them in water - couldn't bathe my own kids! It got particularly bad during the winter months when I would get patches on my face, arms and legs too. I'd had it pretty constantly for about 25 years and went through all the treatments to no avail. I now haven't even had a spot of dry skin for over a year and last winter is the first one I've had eczema free since I was a child! So I would say that HT has been pretty miraculous for me!" (Edited from two posts, [here](#) and [here](#))

"Both my daughter and I had eczema and although the main condition she took hookworms for, was Crohns, it has cleared up our eczema. I take hookworm and whipworm just as a parental dose to support my daughter but my eczema has completely gone." [Read more](#)

"... helminths have done wonders for my eczema. i had horrible eczema for years, all over my body, that really intensified over the last few years. i've had what counts for me as clear skin (it's not clear, but the difference is so staggering that i nearly don't care) since about 14 months with helminths. i'm now at around 19 months. it's incredible." [Read more](#)

"TSO has been unbelievably effective for my daughter's eczema. She is now 23 years old but has tried EVERYTHING in the past with fair results at best." (Reported in a private communication, Jun 2015)

"I had severe eczema and have hosted 110 *Necator americanus* (for 20 months) since first inoculation Nov. 2014. It took 9 months to see significant improvement but it is so much better... My eczema still worsens with emotional stressors but nothing like before." [Read more](#)

## Endometriosis

"I have had a huge reduction in sharp, shooting and stabbing pelvic pains after the first 2 months of treatment." [Read more](#)

"I had excessive period pain associated with endometriosis and adenomyosis. I now have no period pain at all. I still find it incredible that my period just starts with no warning now. I used to be doubled up in agony. I think it took about 6 months after starting HW for the pain to stop." [Read more](#)

## Eosinophilic Esophagitis (EE/EoE)

"My daughter who has EE is off of Prilosec for the first time in six years!!! Only one incident of reflux in the last eleven days and none of the other typical symptoms that we've seen without it -- sleeplessness, crabbiness and emotional volatility because of increased pain. I'm not giving her anything else -- no antacid, betaine HCL, TUMS, or baking soda in water... This is absolutely huge for us... Her eating is much better in general as she is now able to eat a lot more nutritionally dense food... Yesterday she went to sleep before the rest of us. This has practically never happened." (Reported in a private discussion, Apr 2012)

"... after the initial inoculation with seven hookworms, Cole experienced some side effects—periumbilical pain and mild diarrhea—but his food reactions improved. After five months, however, Carmon says, 'He regressed a little.' She and her husband decided to have Cole inoculated with 20 more worms. That's what did the trick, Carmon says. Cole stopped having reactions to his remaining foods and Carmon is slowly adding foods back into his diet. According to his doctors, Cole is in clinical remission, and they are 'fascinated' that helminth therapy worked. Helminth therapy has had other benefits, in addition to dramatically improving his health. 'He used to have trouble learning but he is now doing wonderfully in school ... He used to be fussy and hard to please but now he's just so happy all the time.'" [Read more](#)

"... there has been a dramatic improvement with the eosinophilic esophagitis. Prior to inoculation, I was experiencing some level of food impaction that would, on a weekly basis, require a rush trip to the bathroom to find a way to push food down. I could not eat most foods without a glass of water near by at all times to help wash down each bite of food. Since inoculation, I have not experienced a single episode of food impaction! It's no longer necessary for me to remember a glass of water every time I want a snack... It has been 5 weeks since I used the medication (Flovent) with any regularity, and I'm still symptom free. I'm surprised for 2 reasons. First, EoE was not a condition that I really hoped the worms to improve... Second, I am surprised to have seen such a significant improvement so early in therapy..." [Read more](#)

"I have been dealing with EE for the past 25 years. Food would get stuck in my esophagus just about every day. I have made several trips to the ER to get it pulled out. I started getting dilations done, but it would just close up again within a 2 months. I've had ~30 dilations. My throat was so tight (worst all my doctors have ever seen) they would have to use pediatric scopes and wires to do the dilations. Normal adult sized instruments were two large. I started therapy with Hookworms 20 months ago. It was not until 6 months after starting that I could really say it was starting to help. The dilations done in the past they were BARELY able to dilate me to 8mm and it would close up again in a few weeks. Today I'm dilated to 13mm and we are dilating every 6 months just to stay on top of it... I am very happy with the results so far. It is not 100%, more like 60%, but that 60% has made a HUGE impact on my quality of life." [Read more](#)

"Both my sons were diagnosed with EE at a young age. They were avoiding long lists of foods. One of my sons got to the point that he wasn't tolerating any food, and was on a special hypoallergenic formula. We were considering a feeding tube. We infected both of them with hook and whip two years ago. They now only are allergic to nuts and shellfish! It is a miracle for our family. Their last endoscopies looked great! Our quality of life has greatly improved!! I also had hookworms during my last pregnancy. I was a little worried but delivered a beautiful, healthy baby girl. She has no food allergies. Our allergist is shocked based on our family history." [Read more](#)

"I started helminthic therapy almost 2 years ago in a desperate attempt to get my eosinophilic esophagitis and endless list of serious allergies under control. At several points, the number of foods I could tolerate was... zero. Even on "medically fabricated food" I was still pretty sick. One of my most burdensome allergies was oral allergy syndrome - an allergy to any food that has not been cooked. I am celebrating this week, because I've discovered that for the first time in 8 years I can eat raw food with NO reaction! Blueberries, strawberries, spinach, broccoli... Delicious! I was close to giving up on my little worms, since I saw no discernible improvement for a year and a half. I'm glad I stuck with it. I'm the healthiest I've ever been, and I wanted to share my joy and gratitude with all of you." (Reported in a private message, Sept 2013)

"Our son is five-years-old. He has EoE, Ige mediated allergies, Gastroparesis, OAS, and all of the symptoms of MCAS. He began treating with Helminths seven months ago. We had a rough start. His first dose of 5 HW made him incredibly sick. Thereafter, he had two small doses of HDC a few months apart. The HDC helped him slightly, but their purpose was to acclimate his body for a second dose of HW. He received his second dose of 5 HW around two months ago. Those little guys took him to task. He was extremely ill: vomiting, weight loss, refusal to eat, dangerously high fevers with sudden onset that wouldn't go down, I rushed him into his doctor's office, sometimes several days in a row. His Helminthic doctor suggested terminating the worms, but we hunkered down and stuck through it. Now, he is doing absolutely amazing. He feels better than he has ever felt in his life. The aches and pains that he had learned to live with, in his throat, stomach, chest, and legs have vanished. He is not throwing up. He still

struggles a bit when he eats, but he is eating like a champion. He's eating faster and he's eating more. Most importantly, the pain that he used to feel while eating is gone. His rashes are gone. He achieved a new weight record (35 pounds! Yay!)... He has been holding strong, symptom free, for an unprecedented stretch of time now... In hindsight, I am grateful that the mainstream treatment options didn't work for him. He is now pharmaceutical free and feeling good, and that is a wonderful thing." [Read more](#)

## 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. [Read more](#)

"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." [Read more](#)

"... she has more energy..." [Read more](#)

"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." [Read more](#)

"OMG... yes hookworms have literally given me my life back, I did 10 mile walk on 1 Jan. Just a few weeks ago I couldn't get off the sofa and do anything." [Read more](#)

## Food allergy

"I eat "forbidden" food and it is like a miracle, all my food allergies and even my histamine intolerance are gone, I can eat everything again, not a single reaction. As if I had never had food allergies before. I am euphoric." [Read more](#)

"The difference in our son is nothing short of miraculous. He can eat foods he could not eat before without reaction." [Read more](#)

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

"... for the first time in years, he was able to eat bread without feeling ill." [Read more](#)

"I am/was allergic to egg. I had egg 3 times this week and it did not effect me! ... Even had some spelt bread and that did not effect me either... I am cautiously happy!" (Reported at 16 weeks after first hookworm inoculation.) [Read more](#)

"Since I was a but a tot, I've been allergic to peas. Well, last night I had a (delicious) pot pie that had peas. I decide to be daring and ate a couple to see what would happen - ta-da! NOTHING! Thank you little hookworm friends for making my life better day-by-day!" (Reported in a private message, Jan 2013)

"Now it is 2½ months since first application of hookworms -- my food allergies to common meats, fish, vegetables and grains have, over the last 2-3 weeks, begun disappearing after 15 years of extreme diet restrictions." [Read more](#)

"Our 2½ year old started with 5 HW in May 2013. He had eczema, mild food allergies (egg white, wheat, and peanut), and was sensitive to fragrance and some foods (dairy, potatoes). So far we have seen significant improvement in the

eczema and sensitivities. We have reintroduced dairy and potatoes in small amounts with no reaction..." (Reported to a closed group, Aug 2013)

The following two reports, six months apart, are by the same person.

1. "And when I tried a banana 5½ weeks into inoculation, I was amazed to see that I was able to eat the whole thing. That is pretty unprecedented. Previously, I could only have one bite before the itchy and swelling started. And when I tried a cherry tomato later that day, no reaction again. So I ate a dozen more. And still no reaction! One cherry tomato a couple of weeks ago would have set the swelling off. A carrot later that night also went down well. Ate the whole thing with no reaction. Pretty damn amazing." (Reported in a blog, now [deleted](#))

2. "Today (seven months after inoculation with hookworm) I can eat lots of foods I avoided for years: bananas, oranges, carrots, lettuce/salad, berries, grapes. I can now eat about ½ an apple without my lips swelling -- much better from only tolerating one bite 7 months ago. I have also had an incredibly mild pollen reaction so far this spring. Hookworms and allergy shots have changed my diet completely. I eat healthier than ever before and I feel so much better about my diet. Can't wait to see where I'll be in a year or more." [Read more](#)

"I would like to announce that 6 months after my initial inoculation, I am free of soy allergy. My negative skin and blood tests were a few weeks ago, and I passed the food (soy milk) challenge today." [Source](#) And, a year later, an update: "My soy allergy is in complete remission with hookworms, no inconsistency." [Source](#)

"Five months for me and my food allergies are gone." [Source](#)

"On Saturday it will be my 50th birthday and it will be one of my best ever. Having reached the point where thanks to hosting HW for just over a year I can eat almost everything (I was down to only 26 different foods in total before I started and that included counting things like Chicken and Turkey separately). I will need to be on a diet after the weekend - we are having a cream tea for Saturday lunch, going out for a meal Saturday night, and for coffee and cake on Sunday. My presents include a bread maker, a sandwich press, a soup maker, a cheese making kit and several cookery books that don't have allergy in the titles anywhere." [Read more](#)

"I've had hookworms for 5½ years. I've never achieved full remission of my food allergies, but my list has gone from 30 things I could eat to ~20 things I can't eat (and zero instances of anaphylaxis in 5 years, go team!). I started reintroducing foods around 3 months but still had negative reactions. After a year things were a lot better, 18 months things were relatively great with most of my problem foods." [Read more](#)

"When I started NA a little over a year ago for food allergies and eczema, I could only eat rice and sweet potatoes. Now I can eat all kinds of fruits and veggies without having a problem. My food allergies mostly resulted in lots of itchy, bloody eczema, and inflamed eyes - none of that since taking NA. Overall I've seen a major improvement in my health and I've put on 20 lbs of badly needed weight." [Read more](#) [here](#) and [here](#)

## **Food intolerance** (Also see [Histamine intolerance](#), [Lactose intolerance](#) and [Salicylate intolerance](#))

"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." [Read more](#)

"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." [Read more](#)

"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." [Read more](#)

"Arthritic stiffness in the morning associated with food intolerances gone. Daily Nalcrom necessity... decreased to zero..." [Read more](#)

"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." [Read more](#)

"70 weeks - finally stopped counting the number of foods I can tolerate because I can now eat pretty much anything I like." [Read more](#)

"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..." (Reported, 7 Feb 2011, in a now deleted blog)

And, eight months later, after an additional dose of 50 hookworm larvae, this blogger wrote:

"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! :)"

"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!" [Read more](#)

"just to explain how dramatic my relief from food intolerance is, back in mid-february i tried to eat lamb and had such a bad reaction my throat was tightening up for the entire rest of the night, my mind felt muddled, anxious. my breathing was affected, mostly nasal congestion. but it was miserable. and tonight i ate two pieces of lamb with no reaction at all. in fact, it tasted delicious. i am beginning to feel like a normal person again." (Reported in a private discussion, Apr 2012)

"I suffer from a massive food intolerance with IBD symptoms. I was not able to gain weight for years independent how much I did eat. Now for the first time since years I was able to gain some weight and overall feel better (and) I am able to do some sports again. Honestly I thought I am a non-responder for a long time - I just kept on waiting and trying to be patient. (Dosing schedule: an initial 35 hookworm, another 35 hookworm at 5 months, and a final 35 hookworm plus 1,000 whipworm (*T. trichiura*) at 12 months.) It was worth waiting for - I am getting better - slowly but the success is becoming more and more visible. The decision to go on HT was surely the best of my life - as there was really nothing else that ever seemed to help me." (Reported in a private message, Jun 2012)

"I have had food intolerances/allergies for years due to crohn's and general poor gut/digestive function. I've always reacted to many foods and seriously to all grains, in any form, as well as anything with lactose or sugar. My gut has been greatly improved by helminthic therapy and my diet has expanded, so I thought it was time to check for food sensitivities... I tested for sensitivity (the blood test measured IgG antibody, food antigens) to grains, legumes, nuts, meat, fowl, dairy, fruits, vegetables, fish, Mollusk, Crustacea, Miscellaneous items such as honey, chocolate, coffee, and yeasts. Out of the 100 items tested I showed a single "moderate level 3 reaction" on a scale from 1 to 6." (Reported to the [Facebook Helminthic Therapy Support Group](#), Jul 2012)

"... my worms have significantly reduced my food sensitivities. I can now eat dairy after 15 years of not tolerating it. It took a while, but I am so much more resilient now." [Read more](#)

"It's been over a year with HW... I feel the HW has helped me but not for the problems that were of greatest concern. My environmental sensitivities seem to have greatly improved. I can now handle scented products much much better than in the past. The HW also had a fairly dramatic effect on my anxiety levels. *However, my food intolerances and related pain/inflammation in my muscles and joints are as bad as ever. I did add one food during the year (liver) and it went down ok for about a month, then I stopped tolerating it. I also dropped one food (Basa) and can only eat BC Red Snapper as a protein source now. Overall I'm glad I inoculated as it has provided benefit, just not the degree of benefit I was hoping for.*" (Reported to a closed group, Aug 2013)

"*I have food intolerances and multiple chemical sensitivity and I didn't benefit from helminthic therapy... My lack of success with helminths might be due to liver issues as a root cause for my diseases (mutations in several of the genes CYP450 and some fluctuating liver numbers).*" [Read more.](#)

"I took 25 hookworm and it changed my life by completely alleviating all digestive issues after 7 years of FODMAP issues and general severe IBS. Now, ~3 months after my initial relief, I am still 100% in remission and I still have no digestive issues." (Reported to the Facebook Helminthic Therapy Support group.)

"A family member had been on TSO for 22 weeks at dose of 1000 ova. Helped greatly w food reactions (along w SCD diet and other interventions). However still reacted - in a more minor fashion. We have recently raised dose of TSO up to 2500. 2 doses so far at that dose and now no traces of food reactions. Ate 2 trigger foods today - still no reaction. Truly amazing. This person had 0 safe foods in December. This is awesome!" (Reported to a closed group, Jul 2014)

"... *I'm on HDC and they do not seem to help with food reactions sadly, i was ready to run for a 1kg bar of chocolate in the name of science!*" (Reported to a closed group, Jul 2014)

The following three reports are by the same person.

1. "I'm in the early stages - just had my second dose - so three months in. I started trying to reintroduce foods at 10 weeks and have had great success. Some I will have to come back to later when I have a larger colony, but I have increased from being able to eat only 26 food stuffs to 35 so far in just a couple of weeks. You can imagine how excited I am." [Read more](#)

2. "Three weeks post my second hookworm dose and I can honestly say I have not felt so well in years. Not only have my food intolerances significantly declined, but I feel happier, healthier and the future is very exciting. This therapy is amazing." [Read more](#)

3. "I had to share my excitement - last night we went to a business dinner for my husband's work and for the first time in many years I could provide a simple list of what I could not eat, rather than a very short list of what I could. I had a relatively normal 3 course meal and no one asked me why I was eating so little. I didn't feel different or embarrassed. I was able to drink wine, eat almost normally and enjoy myself rather than feeling stressed. All of this is thanks to HW." [Read more](#)

"At six and half months in (25-25-40 HW) I am just short of claiming success for multiple food intolerances, likely leaky gut and a host of other related symptoms. I couldn't eat gluten or dairy without debilitating symptoms and had been GF DF for 7 plus years. For the past three weeks I have eaten anything I wanted for one meal a day without the terrible symptoms I have experienced all my life." [Read more](#) And "I can tolerate beer better with HW." [Source](#)

"... after hosting HWs for 9 months I too can also drink alcohol which I could not do previously. Beer is good again." [Source](#)

"The hookworms have cut my food sensitivities by at least 50% in 3.5 months." [Read more](#)

"I inoculated with 30 HW in November, and since mid-March I've had great success with FODMAP foods. I've been able to have things like bread, garlic and avocados that I so dearly missed! I'm still not to my desired number of helminths yet, but even with only ~43 I don't feel any pain after eating FODMAP foods." [Read more](#)

"I had Blastocystis approx 5 years before it was discovered. I was down to eating meat, rice sugar and pistachio nuts. I received the 'triple treatment' through Dr Froomes in Melbourne, and I made good recovery until several months later I took antibiotics and my nightmare began. I started reacting to a lot of foods... I started with 35 hook worms 17 weeks ago. My Intestinal condition gradually deteriorated over the next three months... and I had to give up certain varieties of rice. I lost over 15 kgs and ... suffered from endless nausea and dizzy spells because my blood pressure was so low. Three weeks ago I got another batch of 45 hookworms... And now at 18 weeks I can eat lots of food I haven't been able to eat in years." [Read more](#)

"I have had numerous food intolerances as well as sensitivities to most chemicals for 45 years. I was malnourished too. It will be 2 years (next month) with hookworms. I have around 135. Improvements include reduced sensitivities to many foods and chemicals, loss of addiction to sugars and chocolates. Increased energy and reduced anxiety. It hasn't totally removed food and chemical sensitivities but tolerance has improved..." [Read more](#)

"My daughter can eat more and more foods the longer she hosts (hookworms). Her gut is less and less leaky. She could tolerate no dairy before hosting, absolutely nothing. Now she can eat ice cream without it bothering her." [Read more](#)

"I inoculated with 25 NA hookworms around October of 2015. And since beginning of May, I have been able to add apples into my diet - something I couldn't tolerate at all. I have been mostly on a low FODMAP diet for over a year - and a Paleo diet before that. I couldn't eat apples for about 2 years and being able to eat them again is a remarkable achievement." [Source](#)

"Food intolerance and irritable bowel for 16 years. It had been gradually getting worse as time went by to the point where it was impossible to lead a normal life. It was almost impossible to eat out or go to friends houses to eat. When we went on holiday we would have to get an apartment with a kitchen so I could cook my own food, and I took my own food anytime we went out. I was following a low chemical, low fodmap diet, very restricted with what I ate. All the doctors I have seen over the years had no answers for me and just said to stay on my diet. It has taken time but I am able to eat much more now and can eat out now without having to question them about everything they use to cook the meal. We have also just traveled to Germany, something that would have been nearly impossible a year ago... Just being able to relax my diet is wonderful, my doctor has also been converted, he was horrified when I first told him." [Read more](#)

*"I tried it to deal with food intolerances (not allergies, no anaphylaxis) that result from enzyme imbalances. Hookworm didn't help."* [Source](#)

## GERD (reflux)

"I was suffering from reflux... I was pleasantly surprised that it went away when I started hookworms to treat my allergies." (Reported in a private discussion, Apr 2012)

"... my daughter who has eosinophilic esophagitis is off of Prilosec for the first time in six years!!! Only one incident of reflux in the last eleven days and none of the other typical symptoms that we've seen without it -- sleeplessness,



crabbiness and emotional volatility because of increased pain. I'm not giving her anything else -- no antacid, betaine HCl, TUMS, or baking soda in water because it's so impossible to get her to comply. This is absolutely huge for us." (Reported in a private discussion, Apr 2012)

"I have Lupus and GERD as a result of the high doses of steroids to control symptoms. I reduced the steroids over the past two years and the GERD persisted. I started hosting 25 HW in April and increased the dose to 95 at 3 monthly increments. There has been a marked improvement from October." [Source](#)

"Used to have problems with GERD which seems to be mostly a fructan issue for me. Before HW, I avoided GERD symptoms by cutting back/eliminating fructans in my diet. After a few months of HW (5-15 over the last 6 months), I now tolerate fructans better and only get reflux problems if I overdo it." [Source](#)

## Hashimoto's thyroiditis/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!" [Read more](#)

"I have Hashimotos & Graves diseases - both autoimmune issues that affect thyroid hormones - the NA dialed my symptoms down (bloating fatigue, joint pain and swelling, itchy skin and eye swelling, racing heart) steadily without any harsh side effects - much more effective than any of the medications I have tried." (Reported in a private discussion, Mar 2015)

"I took one batch of 25 NA last year because I was experiencing pain and swelling every day from Graves and Hashimoto's diseases. I had a dramatic reduction in swelling and pain ... also lost about 15lbs of water weight. A few months later, I got pregnant, and did not have a miscarriage (I had 3 earlier that might have had something to do with the thyroid diseases). My TSH, T3 & T4 levels stabilized right before the pregnancy, they followed the "textbook" levels through the pregnancy and stabilized right after as well. My antibody levels for both diseases dropped. My Endo tells me that she had expected my Graves disease to flare up as it had before the NA, as I had the beginnings of a goiter and pregnancy can do that. As she said - "you can't say for sure that your experiment is the cause of all the improvements, but the improvements are real - and they are unexpected." I will certainly be continuing with this therapy!" [Read more](#) [here](#) and [here](#)

"I have Hashimoto's and some related symptoms: food intolerances, migraines, fatigue, poor endurance. Many of my symptoms are under control thanks to diet and FMT. Using those modes of treatment my anti thyroid antibodies decreased to about 80-100, but whatever I did I could not decrease them further. Well, now, 4-5 months into TSO (and I'm probably taking too small dose of 700 ova) my antibodies test results came back at 58. It is not a huge improvement, but it is an improvement and they would not budge any other way, so I am very happy. I also feel better and stronger - subjectively." [Source](#)

## Headaches (Also see [Migraine](#))

"To be enjoying not only whole days without any headache, but also entire weeks, is just incredible." [Read more](#)

"... my daily regimen of panadol and neurofen for headaches has been cut back (actually cannot remember the last time I took neurofen (ibuprofen))..." (Reported in a private message, Dec 2012)

"My headaches have nearly vanished..." [Source](#)

## Histamine intolerance (Also see [Food intolerance](#))

"I eat "forbidden" food and it is like a miracle, all my food allergies and even my histamine intolerance are gone, I can eat everything again, not a single reaction. As if I had never had food allergies before. I am euphoric. It is a small stage victory and a good sign indeed." [Read more](#)

"I really think it helped my histamine problem at least 70%. I couldn't tolerate histamines without getting really tired and depressed. When my hookworms (60 of them) kicked in at the 9 week mark I was able to tolerate bone and meat broth." [Read more](#)

"In the past I had serious problems with histamine and salicylates... Since hosting a bunch of hookworms I was able to gradually reintroduce all foods that previously made me sick." [Read more](#)

"Last night I celebrated New year's Eve with a glass of champagne! After almost a year of hosting hw for salicylate & Histamine intolerance I'm finally able to eat almost anything. Thanks to everyone here & hope you all have a wonderful 2015, I know I will!" [Source](#)

## Hives/Urticaria

"Hives are 90% improved." [Read more](#)

"My baby started to get dermatographia hives from touch at 6 months when I introduced solids. At 8 months he got 3 hookworm and the hives have stayed away." (Reported to a closed group, Oct 2014)

"... my hive (urticaria) symptoms are 99% gone, I do get a small outbreak rarely... I am only a 14 months into the therapy. Symptoms cleared up 3 months after my third dose." [Read more](#)

The following three reports are by the same person.

1. "I also have had almost no problems with the cold urticaria that I typically deal with several times a day every day (regardless of weather or environment). Last night I even felt comfortable reducing one of my three anti-histamines and suffered no ill effects." [Read more](#)

2. "I forgot to take my morning dose of meds (200 hydroxychloriquine, 10 omeprazole, 20 Loratadine). I found my pills in the pocket of my hoodie tonight so I know I didn't take them. However, despite not taking the morning dose of antihistamines, I didn't get a single hive today. Not one! And I even did yard work, which normally be a trigger for me right away. This is so exciting! ... I'm only about six months into HT, but for tonight I'm over the moon!" [Read more](#)

3. "Not a single outbreak for almost four weeks. This is following a long period of time where my best days "only" had four or five episodes a day." [Read more](#)

This person has also produced a further, [very detailed report](#), written six months into therapy, and a "before and after" [comparison of symptoms](#).

"I achieved remission of chronic (idiopathic) urticaria (with hookworms) at 5.5 months and was able to stop the certirzine at that point." [Read more](#)

## Hyperactivity

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

## Hypertension (high blood pressure)

"Both of my BP numbers dropped ten points VERY quickly after inoculation." [Source](#)

"... the worms dropped my high BP overall by about 15 points..." [Source](#)

"I received my first dose of N.A. in early June. I just checked my blood pressure, and I had a lovely surprise. In six weeks, my systolic blood pressure has fallen by almost 30 points, and my diastolic blood pressure has dropped by 10 points. During my last visit, my doctor said that if my blood pressure increases I'll need medication, but I'm well out of range for that now! I've been walking six days a week for an hour, but I've been doing that since March." (Reported in August, 2016.) [Source](#)

## Hypoglycemia/Hypoglycaemia

"I've had the Hypoglycaemia since I was a child... My blood sugar would drop down to levels where I almost blacked out... Now I can get up at 7-8 in the morning and last until 10-11 in the evening, which would be impossible before... Im not as hungry all the time (or constantly craving sweets) and the 'flushing' sensation with the following wave of heat and warmth which I sometimes got after a hearty meal is also gone." [Read more](#)

## **IgA nephropathy** (Also see [Autoimmune kidney disease](#))

"After a few days of contemplating the choices of kidney dialysis in the future or some discomfort from worms (which I had none), everything made complete sense to me. Six months passed until it was time to visit the doctor again and surprise, surprise this time after two years of getting blood work that showed my number slowly getting worse now they were better than last six months." [Read more](#)

## **Inflammation**

"Three weeks post my second hookworm dose ... not only have my food intolerances significantly declined, but so has the inflammation around the replacement knuckle I had 18 months ago. (I seem to have some degeneration of the finger joints but am told it is not arthritis.) Until now I have not been able to take up playing the keyboard again, now I can. I could not use the hand without it swelling and being painful - now I can." [Read more](#)

## **Insomnia**

"Two months ago I could not sleep without giving me a dose of salbutamol, and that only for three hours of sleep. It was hell. I thus spent the last two years. I was so worried and so resorted to HT. Now I wake up with the alarm again!" [Read more](#)

## **Irritability**

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

## **Irritable Bowel Syndrome (IBS)**

"And the impact on my disease, complete cure, is nothing short of miraculous." [Read more](#)

"... it was quite a day when I realized all my IBS symptoms had gone. Very happy with the results." [Read more](#)

"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." [Read more](#)

"ibs no longer causes discomfort..." [Read more](#)

"Very sensitive stomach, my doctor classes it as IBS, bowel issues etc. I got to the point where I could not sleep in a bed as my stomach would do cartwheels after half an hour horizontal and I can't sleep. Doctors had no idea, and I started sleeping in a chair. Now after a year with hookworms, I am sleeping in a bed again and my bowel issues are substantially improved." (Reported in a private discussion, Apr 2012)

"17 weeks after the inoculation, I am in a partial and stable remission from my IBS symptoms (45 days in remission). So, I am very happy..." [Read more](#)

*A 40-year-old male with IBS since foreign travel and subsequent treatment with various antibiotics 23 years earlier, who inoculated with a total of approximately 150 hookworm and 2,700 whipworm during a two year period, reported that he had seen no benefits at three years after the first inoculations. He had also not experienced any side effects or overall worsening of his condition that he can attribute to the helminths. (Condensed from a personal message.)*

"Second inoculation for the treatment of IBS a week ago. Very mild rash and I am very happy. I was thinking about what my life was like some months ago, and today it is very different. I am feeling healthy and able to do lots of things I couldn't do before. Able, for example, to do a full time job, without worrying about having to go to the toilet all the time, or about not being able to stay away from home all day. Much healthier and much better quality of life!" [Read more](#)

"I have IBS and lactose/gluten intolerance ... The symptoms were pain, bloating, diarrhea, gas. I must confess: I was very skeptical about the treatment. But by the 7th week it has been amazing! I can not explain, but I feeling my body "stronger". I took courage and began to eat certain foods (bread, corn bread, soy milk, beans, sweet bread topped with condensed milk) and didn't get sick. This was impossible until last week!! And, to further test, I ate a sandwich at Subway. Unbelievable! After years, I ate a sandwich and didn't get sick. Extremely happy with my hookworm fellows! This is simply a new condition for me. That never happened before (in 14 years): to be diet free and healthy,

without any medication. I don't know if this improvement is temporary and how long it will last ... But I'm enjoying every second of it!" [Read more](#)

"I have now just gotten back (2 days ago) from travelling around the world since January. I came to one of those 'lives to short' moments, chucked in my job (have to start looking for one now) and had the best year of my life broadening my horizons. I give my worms a big tick for the fantastic year I have had - one of the healthiest years of my life. I have been more tolerant of a larger variety of foods, and after a year of travelling, including third world countries, throughout south America, Africa, Japan, Turkey, Europe, and North America, I only got a 3 hour diarrhoea episode once (after brekkie in Cairo)." (Reported in a private message, Dec 2012)

"The hookworms seem to be working tremendously! Starting in September (5 months post-dose) the symptoms of my irritable bowel started to decline (I had less bloating, diarrhea, etc.). And my intestinal situation has continued to improve. I used to not be able to eat dairy, gluten, kidney beans, eggs, sesame seeds, peanuts, cranberries without major discomfort and intestinal problems. And at this point I can now eat any dairy, small portions of gluten, small amounts of eggs, peanut butter, cranberries. I feel tremendously more healthy. I have gained a little weight, in part because I need to rediscover the right amount of food now that my diet is so significantly expanded. I also think I'm digesting food more than I used to. Overall my quality of life feels greatly enhanced without constant intestinal problems and so many food restrictions. I've had irritable bowel symptoms since I was a small child, so this is really the first time in my life I've felt this well." (Written 6 weeks after this individual's 3rd dose of hookworms, and reported in a private message, Nov 2013)

*"Because I only experienced side effects I terminated my hookworms early Jan, 2014. I hosted HW for about two years trying to control my IBS. For me it turns out that a different diet is the way to go!"* [Read more](#)

"I have been getting HDC for the past 6 months for allergic rhinitis and IBS, both of which which I have been battling for years. The improvements were amazing! I've been taking a dose of 25 - 30 every 3 - 4 weeks since September. Both issues are virtually gone when I'm on them. The effects seem to last for 3 - 4 weeks. I can tell when I need a new dose because my symptoms suddenly re-appear. Then when I take another dose within a day or two, huge improvement!" (Reported to a closed group, Mar 2014)

"I am currently hosting NA with no ill effects and only benefits. NA has completely mitigated my IBS symptoms, within a few months. Am now at a year+." [Source](#)

The following two reports are by the same individual, who began using TSO then switched to NA and TTO.

1. "I am doing well on TSO 2500. I am taking it for a bad case of post-infectious irritable bowel syndrome - diarrhea only. By day 11, I had solid stools. It is nothing short of a miracle!" [Read more](#)

2. "I am just shy of a year of hosting human helminths (between 70 and 100 hookworm and between 500 and 600 whipworm) and I am happy to report I am starting to have actual stools. This is remarkable because I have a very severe case of post-infectious IBS following several treatment resistant clostridium difficile infections. The infections finally resolved with a fecal transplant but my gut flora was still really messed up." [Read more](#)

## **Keratitis pilaris**

"Keratitis pilaris almost gone, something I've only been able to improve before by eating liver every day. My skin hasn't been problematic aside from the keratitis pilaris near my elbows, but it now seems softer and smoother in general. (Reported 18 weeks after inoculating with 5 NA and then adding 10-12 more at 12 weeks.)" [Read more](#)

## **Lactose intolerance** (Also see [Food intolerance](#))

"One other thing I have also noticed is a marked improvement in my lactose intolerance." [Read more](#)

"When my gut was inflamed (IBD) I could not tolerate any complex carbs, lactose sugar was very bad news, but after HT and remission of Crohn's disease I can eat complex carbs including lactose in moderation. I do not suffer from drinking milk on occasions, and or indulging in sugary desserts, eating bread, pasta, corn, rice or potatoes in moderation." [Read more](#)

"My husband seemed to have severe lactose intolerance. In the past, nothing helped and it was instantaneous, as in explosive diarrhea and severe within 20 minutes of ingestion. Since his leaky gut has gotten better since getting worms, he's doing a lot better, so that he can actually digest ice cream." [Read more](#)

"I have IBS and lactose/gluten intolerance ... The symptoms were pain, bloating, diarrhea, gas. I must confess: I was very skeptical about the treatment. But by the 7th week it has been amazing! I can not explain, but I feeling my body "stronger". I took courage and began to eat certain foods (bread, corn bread, soy milk, beans, sweet bread topped

with condensed milk) and didn't get sick. This was impossible until last week!! And, to further test, I ate a sandwich at Subway. Unbelievable! After years, I ate a sandwich and didn't get sick. Extremely happy with my hookworm fellows! This is simply a new condition for me. That never happened before (in 14 years): to be diet free and healthy, without any medication. I don't know if this improvement is temporary and how long it will last ... But I'm enjoying every second of it!" [Read more](#)

"I have had food intolerances/allergies for years due to crohn's and general poor gut/digestive function. I've always reacted to many foods and seriously to all grains, in any form, as well as anything with lactose or sugar. My gut has been greatly improved by helminthic therapy and my diet has expanded, so I thought it was time to check for food sensitivities... I tested for sensitivity (the blood test measured IgG antibody, food antigens) to grains, legumes, nuts, meat, fowl, dairy, fruits, vegetables, fish, Mollusk, Crustacea, Miscellaneous items such as honey, chocolate, coffee, and yeasts. Out of the 100 items tested I showed a single "moderate level 3 reaction" on a scale from 1 to 6." (Reported to the [Facebook Helminthic Therapy Support Group](#), Jul 2012)

### **"Leaky gut"**

"At six and half months in (25-25-40 HW) I am just short of claiming success for multiple food intolerances, likely leaky gut and a host of other related symptoms. I couldn't eat gluten or dairy without debilitating symptoms and had been GF DF for 7 plus years. For the past three weeks I have eaten anything I wanted for one meal a day without the terrible symptoms I have experienced all my life." [Read more](#)

### **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!!!" [Read more](#)

### **Lupus/systemic lupus erythematosus (SLE) (Also see [Mixed Connective Tissue Disease \[MCTD\]](#))**

"The (hook)worms have been working for me. I have been in drug free remission for over 3 months now, I hypothesize that other lupus-spectrum disorders will respond similarly. After all, HLA-B27 is an autoimmune marker that is shared by inflammatory bowel disease as well as lupus/MCTD." (Reported in a private message, Sept 2012)

"Hi, I just wanted to let people out there know that I have been using hdc with great success for the last 6 mnths. I have lupus and myasthenia gravis and it has definitely helped. Along with hdc I do also use Hk and have been for three years., though for me it wasn't enough on its own and it gave me severe gi issues. I lost my hk frequently, but after adding the hdc I have not had that happen. One huge bonus for me is that I have had hair grow in that I thought was permanently gone due to the lupus." (Reported in several places in Mar 2014, including [this thread](#).)

"I've had symptoms for almost 10 years... Was on cellcept/plaquenil/prednisone for 2.5 years... I also have hypothyroidism. so the week I started HW, I also had my thyroid meds increased. Since then I have been just about symptom free. I feel pretty normal. I know not I overdo it. I can get by with 8 hrs sleep instead of 12! And I can eat whatever. If I go overboard with junk and alcohol I feel shitty, but it's the most normal I've felt in 10 yrs!" (Reported to a closed group, Sept 2014)

"It's been a little over 2 years since my first dose of HW. I took a total 125 with a top up of 10 to treat Systemic Lupus Erythematosus and food sensitivities. I just had a recent batch of rheumatology labs done and everything is normal - except for a positive ANA. I've been feeling about 90-95% symptom free for close to the entire 2 yrs I've been hosting... YAY WORMS!!!!!" [Read more](#)

"It has been 5 months since I started Helminthic therapy for systemic lupus. Originally with 25 hookworms, then with 2500 TSO every two weeks which I started taking just over two months ago... My pre helminthic therapy pain and fatigue level had always been a steady 6.5 out of 10... Now my pain is a steady 3 out of 10... Fatigue has also been reduced to an outstanding level... For the first time since I was 14, I can wake up after 7-8 hours sleep and feel like I have enough energy to do a full day... For the past 3 weeks I've had the energy to go to the gym twice a day, 6 to 7 times a week. 45 minutes of moderate intensity cardio in the morning followed by weights at night... For the past five years I feel like I have been asleep. Although I worked and studied, my memories have been distorted by pain, fatigue and depression. For the first time since I was first diagnosed at 17, I feel that Im finally starting to wake up and that I have a lot to catch up on." [Read more](#)

"I have had a severe form of Systemic Lupus Erythematosus since 2009; it almost killed me. I was on large doses of prednisone, plaquenil, cellcept and an arsenal of meds/supplements to mitigate the side effects of the steroids. It took two years of pharmaceutical symptom management to stop the roller coaster ride of medical crisis and

hospital admissions. There was a multisystem involvement and I had severe mobility restrictions. By early 2012 the flare-ups were under pharmaceutical control to the extent that I could walk short distances (in my home) unassisted and, in a limited way, become involved in family and community life (with the aid of a wheelchair). I had an ongoing battle with pain and fatigue... With squeamish trepidation, I started hosting Hook Worms in April 2015 and got a positive result within 3 months. I have increased the dose by 3 monthly increments to the present count of 130 HW's... I feel GREAT and this is just one year on! I have recently stopped taking the steroids, and the cellcept. I have halved the plaquenil (to 200mg daily). I am exercising and running up to 9 miles a week. I get pain and stiffness in the morning; the stiffness does not last and the pain is intermittent and easy to live with. I have more energy than I can ever remember having. It is a marvellous thing to experience this transformation in my life." [Read more](#)

**M.E.** (See [Chronic Fatigue Syndrome \(CFS\)](#) and [Fatigue](#))

### **Ménière's disease/endolymphatic hydrops**

"Although my diagnosis is Menieres, I believe it to be secondary endolymphatic hydrops caused by my allergies. Except during weeks 3 - 8 after a dose of helminths, I have reached a point where I have no tinnitus, no vertigo and have significantly less problem from fast moving visual stimuli. Prior to this I had all but given up watching television - sport on tv has been impossible with cameras panning to follow the action. After my third dose, once I was past the problem period, I had started to be able to watch things to a limited extent and was finding being a passenger in a car more bearable. During weeks 3 - 8 after a dose my tinnitus is worse, and yesterday I had the worst spin attack I've had for a long time but know this will right itself in a few days. Whilst I have been well, I have felt less pressure and fullness in my right ear than in many years and generally felt less tired after activities that would have left me drained. I still cannot tolerate loud noises easily." [Read more](#)

**Migraine** (Also see [Headaches](#))

"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." [Read more](#)

Two years later, this individual rated the improvement in his migraines as 75%. [Read more](#)

"... my migraines are also greatly reduced in both frequency and severity." [Read more](#)

"... *I have ~35 HW and they do not lessen my migraines.*" [Read more](#) (NB. 35 may not be a sufficient number of hookworms to provide relief from migraine.)

"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)

"My migraine does not appear that often anymore and I am able to do some sports again." (Reported in a private message, Jun 2012)

"I am still on migraine meds but I was using 4 Maxalt wafers (Rizatriptan benzoate) /week. Now I use about 1 every 7-10 days..." [Read more](#)

"My good friend Rick was having migraine headaches about 3 - 5 times or even more per week... Then I started to pick up the HDC for him (and) he had about 30 for his first dose. In a couple of days the migraines subsided. Three weeks later he received his second dose; about the same amount. He continued migraine free for three more weeks. This trend continued as long as he got the necessary dose, apparently about 30 every three weeks." [Read more](#)

"No full fledged migraines for 5 weeks. Two mini ones a couple of weeks ago that only lasted a few hours. Never had a migraine last less than three days until those last two." (Reported 18 weeks after inoculating with 5 NA and then adding 10-12 more at 12 weeks.) [Read more](#)

**Mixed Connective Tissue Disease (MCTD)** (Also see [Lupus](#))

"I can hardly believe it has already been 8 months since I started my helminthic therapy journey. In the briefest terms possible, it has been the more dramatic, mind-blowing, and wonderful decision of my life... I began to notice the crippling symptoms of my autoimmune diseases (MCTD/lupus, Fibromyalgia, Raynauds, and Autoimmune hepatitis) fading about 1 month after my second dose ... I Feel Normal: hardly any severe, debilitating, mind-numbing, exhausting, unrelenting P.A.I.N. Energy levels on par with other people my age, as opposed to narcoleptics and flu-patients. The ability to get up in the morning without wanting to cry from the pain, dizziness, and crippling

fatigue. The ability to think and speak clearly. The ability to play with my son, do the laundry, brush my teeth. Basically, all things I completely took for granted before I got sick, and which I had waved goodbye to for good, so I thought... Just like falling in love, I see the world in a whole new light. I see possibilities and hope where I once saw nothing but blackness and despair. My new love affair with life has begun." [Read more](#)

*"18 months ago (I was) finally correctly diagnosed as having an autoimmune mixed connective tissue disorder. I've also had IBS my entire life. So far, at 30 HDC every 3 weeks, my symptoms (severe pain in my muscles, that is crippling at times) are not improved. I am also going to be experimenting with much higher HDC doses on me. At the very least though, I hope that HDC will stop me developing yet another autoimmune disease." [Read more](#)*

The following three reports are by the same person.

1. "I'm about 11 months into my HT (hookworm, for lupus and Mixed Connective Tissue Disease), and doing really well. There are long periods (days, even a week or more) when I have zero pain in my body. My recurring nephritis now sits dormant for weeks at a time. I no longer have chest pain every single day, my heart doesn't race several times a day, and I hardly ever choke. Almost every symptom I had at the beginning has been reduced about 80% or so. Almost every symptom - my malar rash worsened. I'm treating it very carefully, though, and I see small improvements every few days. In the end, I've decided that if HT allows everything else to disappear, I can put make up on the rash. It's worth it. The depression has also melted away... I believe that the improvement in my quality of life is at least partly responsible. I am happy now - happier than I have been in a long time. I don't dread waking up in the morning to discover what's going to hurt today. I don't dread stepping out of bed, unsure if my legs will actually hold me up. I am comfortable making plans with people several days out, instead of putting them off until I know how I'm feeling." [Read more](#)

2. "I'm almost a year past my first dose of HW. I've had four doses all together, and am hosting about 125 HW (give or take). Last week, I worked eight days in a row without a day off ... mostly working on my feet in a retail environment ... and worked almost 40 hours on the sales floor. Before my HW, I was limited to 20 hours a week... While I was getting ready for bed, my daughter said, "You know Mama - I can't even remember the last time I had to help you get dressed. Can you?" No, I could not. I'm doing so much better!" [Read more](#)

3. "I have MCTD - Lupus with a likely DM (dermatomyositis) overlap... I'm 14 months into HT and about 85 to 90 % improved!" [Read more](#)

"I am using Human Hook Worms for the Treatment of Mixed Connective Tissue Disease with my predominant symptoms being Lupus... So almost 5 months after first inoculation and my labs are all normal except my eosinophils (0.7 against a normal of 0.4). I googled this and it indicates that I have helminths in my body." [Read more](#)

## Mouth ulcers

"Mouth ulcers - they happened frequently and were severe, now it barely ever happens." [Read more](#)

## Multiple Chemical Sensitivity (MCS)

The following two reports are by the same person.

1. "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." [Read more](#)

2. "... my MCS symptoms are also improved... the irritability I get after seeing fragranced students or clients is also gone." [Read more](#)

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

"I no longer need to worry at all about fragrance, so can entertain 'smelly' people, use 'smelly' taxis without incident, and, recently, have even managed to do some painting on the house - the first I've done for many years - without any problem at all, and I was using absolutely bog standard, very smelly, solvent-based gloss paint!" [Read more](#)

"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)

The following two reports are by the same person.

1. "Her chemical sensitivity, identified by how much she can smell chemicals, has almost disappear..." [Read more](#)

2. "My wife suffered from allergies, food intolerances and chemical sensitivity for about 13 years and we tried many therapies. 22 months ago, she started helminthic therapy and this is by far the best remedy we have found." [Read more](#)

"Our two year old son was sensitive to fragrances in detergents and soaps - we noticed he would scratch excessively if we put him in clothes that had been washed with scented detergent, and his eczema would flare up. (He has had mild eczema since he was 3 or 4 months old.) Since his first dose with 5 HW about 13 weeks ago, we have seen a significant improvement! His skin is pretty much clear, just a small patch of dryness on each of his feet. He no longer seems bothered after washing his hands with scented soap (this used to make his wrists itch for hours)." [Read more](#)

"Our 2½ year old started with 5 HW in May 2013. He had eczema, mild food allergies (egg white, wheat, and peanut), and was sensitive to fragrance and some foods (dairy, potatoes). So far we have seen significant improvement in the eczema and sensitivities. We have reintroduced dairy and potatoes in small amounts with no reaction..." (Reported to a closed group, Aug 2013)

"My environmental sensitivities seem to have greatly improved. I can now handle scented products much much better than in the past." (Reported to a closed group, Aug 2013, after 15 months with hookworm.)

*"I have food intolerances and multiple chemical sensitivity and I didn't benefit from helminthic therapy... My lack of success with helminths might be due to liver issues as a root cause for my diseases (mutations in several of the genes CYP450 and some fluctuating liver numbers)." [Read more](#)*

"... it is now easier to breath than since I was a kid, my snoring has gone down and I have not had any reaction to perfumes that previously had me blowing my nose profusely, it feels great!, it was worth doing HW just for that!" [Read more](#)

"While my response is incomplete, it allows me much greater freedom to interact socially, to get through the workday with considerably less, and less frequent pain, and to interact with my wife and children in a much kinder, supportive, and rewarding fashion upon returning home from work. Although imperfect, hookworms are the ONLY preventive therapy I have found for my condition, and I am very glad to have them." [Read more](#)

"I was hyper sensitive to the world. A trace of perfume. A trace of plastic smell. I had to be so careful with foods - no man made commercial stuff. After helminths everything damped down. I was able to go out and perfumes no longer bothered me. I started eating more foods... bananas came back in which is nice; Basically I wasn't on a knife edge any more." (Reported to a closed group, Nov 2014)

"I have had numerous food intolerances as well as sensitivities to most chemicals for 45 years... It will be 2 years (next month) with hookworms. I have around 135. Improvements include reduced sensitivities to many foods and chemicals, loss of addiction to sugars and chocolates. Increased energy and reduced anxiety. It hasn't totally removed food and chemical sensitivities but tolerance has improved." [Read more](#)

"I noticed last week I was able to enjoy music in the car, particularly "noisier music" for the first time in many years. I deal with ME/CFS and can find noise of any kind can be overstimulating and extremely unpleasant." [Read more](#)

## Multiple Sclerosis (MS)

Three annual reports by the same person:

1. "... this is the first April I have been attack free." [Read more](#)

2. "This is my second MS season... attack free!" [Read more](#)

3. "... its been just over three years since receiving hookworm therapy and... my MS and allergies are still in complete remission!" [Read more](#)



Two reports by a different individual, written nine months apart.

1. "In summary I will say that without a doubt it has been a success for me." [Read more](#)

2. "So far my hookworm experience in fighting my Relapse Remitting MS has been great! I would say awesome even." [Read more](#)

The following reports were posted by yet another person, nearly three years apart.

1. "It has been 3 years since my last relapse. And since I've had hookworms, all left over traces from my last relapse have disappeared completely... I think that the hookworms have stopped any disease activity and that has allowed my brain time to heal... I'm incredibly happy and relieved with the results, and I encourage anyone with MS to get treated with helminths, the sooner the better." [Read more](#)

2. "I've been on HT for almost 4 years now, and I still have not had a relapse or any new or active lesions on my yearly MRI's." [Read more](#)

"I followed Swank/Jelinek's diet when I was diagnosed eight years ago (2003) and I believe the diet made a huge difference for me but the hookworms stopped my ms progression 100%" (Reported to a closed group, Sept 2011)

"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..." [Read more](#)

"Two months after I took the hookworms, all my MS symptoms vanished. I have not had a relapse or any kind of MS activity since I started hookworm therapy. Every brain MRI that I have had (4 of them) has shown no active lesions and no new lesions. In fact, a few lesions have actually disappeared... As far as I am concerned, hookworm therapy has been a total success so far, and I recommend it to anyone with MS." [Read more](#)

"I am on Necator Americanus starting in September 2007. I reached complete remission in six months. I'm happy to report my MS is still in remission!" (Reported to a closed group, Nov 2012)

The following two reports are by the same blogger, two years apart.

1. "... my MS has pretty much been benign since my initial diagnosis almost 5 years ago; I have still had what I call "ghost symptoms" from time to time. These are not real relapses. They happen when I get overheated or have a fever. The body mimics MS symptoms like tingling in the feet or hands and extreme fatigue. Since my wormies moved in, I've experienced none of these. I have been able to be out in the heat of the summer without problems. In a lot of ways, the last 6 months have been absolutely fantastic!" [Read more](#)

2. "My MS has been pretty much non-existent. So much so that some days I can almost forget about it... When I take a step back to analyze where I am health wise now as opposed to where I was 2 or more years ago, the results truly have been life changing." [Read more](#)

"18 months so far. Nothing to report! All symptoms have disappeared late summer of 2011 and since it's all quiet. Is there anything else to add?" (Reported to a closed group, Jan 2013)

"My most recent MRI... showed no new disease activity over the last year. Yay! Over the last two years I have made numerous life changes including beginning a disease modifying therapy, helminthic therapy, a transition to a pescovegetarian diet, stress reduction techniques, and regular exercise. My doctor is telling me to keep doing the same stuff, including the helminthic therapy." (Reported Mar 2013, two years after diagnosis, following inoculations with a total of 135 hookworm larvae.)

*"Since I'm not having the desired effect for my MS from the 230 HW I've been hosting for more than two years, and the 1500 WW I've been hosting for about a year, I'm considering terminating them and trying TSO for a while."* [Read more](#)

"Have been inoculated with hookworms since Sept of 2011. Dietary changes were made years ago and I now have been off any MS medication for over 2 months and am feeling and doing very well." (Reported to a closed group, July 2013)

"Since my second "dose" I can now lift my left leg which I couldn't do before. I actually can walk around without my cane at times. In fact, the other day I was walking around my daughter-in-law's home and my grandson tells me "Grandma, you aren't using your cane". I didn't even realize that I wasn't using it. I can feel that this therapy is working and I am slowly getting stronger. I now feel like I have hope for a better future with being able to function better." (Reported in a private message, July 2013)

"The more important results were my M.S. results which I have responded very well to. I have not had any symptoms since one month after inoculation...now I do not need MS meds or anything.. They are truly a miracle for me.." [Read more](#)

"Coming up to 3 year anniversary of starting Helminthic therapy. Overall things very good. No significant relapses. Holding down very well paid job and loving it." (Posted to a closed group, Jan 2014)

"Had my MRI results this week and compared them to 2 years ago, my brain lesions have disappeared... I am taking no MS meds, just Paleo diet, no gluten, nor dairy and 20,000 ius Vitamin D daily. My gait has improved and Neurologist tested it this week. I am full of energy and back at full time work." (Posted after a 3rd inoculation with hookworms.) [Read more](#)

*"Unfortunately, I am not a success story with helminthic therapy. I was diagnosed 20 years ago with RRMS, but my condition has since progressed to SPMS. I had hookworms for about three years. It completely cured my allergies, but my multiple sclerosis did not improve. During the three years, I experimented with many different doses of hookworm and found that my MS symptoms were continuing to progress slowly. In 2012 or 2013, I got a severe stomach bug and had the worst MS attack of my life. After that, I stopped trying HT and continued back onto disease modifying medication." (Via private message.)*

## 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)

"Hi, I just wanted to let people out there know that I have been using hdc with great success for the last 6 mnths. I have lupus and myasthenia gravis and it has definitely helped. Along with hdc I do also use Hk and have been for three years., though for me it wasn't enough on its own and it gave me severe gi issues. I lost my hk frequently, but after adding the hdc I have not had that happen. One huge bonus for me is that I have had hair grow in that I thought was permanently gone due to the lupus." (Reported in several places in Mar 2014, including [this thread](#).)

## Myopia

"I'm at week 14 (2 inoculations of 40 HW) and i noticed today that i can read my clock from across the room. 2 months ago i could not have done that without glasses." [Read more](#)

## 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, Mar 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." [Read more](#)

"... 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." [Read more](#)

"My hookworm benefits are really blooming. Tonight i was rummaging around in the kitchen and realized the cabinets have a distinct smell -- old paint, dish soap -- and i hadn't smelled that the entire time i've lived in this house -- about 9 years. there's a whole world of odor out there!" (Reported in a private discussion, Apr 2012)

"I began, all at once, really, to have a surprisingly sudden lack of unhealthy mucus. I can literally trace symptom relief back to this exact moment (3 months after inoculation with hookworm). The next morning was the first morning I woke up with a more-or-less clear nose in about the last seven years. I have woken up with an increasingly clear nose every day since then and today is the first day in seven years that I woke up with absolutely nothing in my nose at all. It is only writing this now that I realize that I actually forgot to use my nasal steroids as well. I don't think I need them anymore... I'm not on any pills or drugs or crap and I have no problems. I am normal." [Read more](#)

## 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." [Read more](#)

"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." [Read more](#)

## Non-celiac/coeliac gluten sensitivity (NCGS) (See also [Celiac/coeliac disease](#))

"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." [Read more](#)

"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." [Read more](#)

"... for the first time in years, he was able to eat bread without feeling ill." [Read more](#)

"I don't have celiac but HW is reducing my gluten sensitivity." (Reported to the [Facebook Helminthic Therapy Support Group](#), Jul 2012)

"I started Helminth therapy last Novemeber. I think my numbers are at 150. I am happy to say that my allergies are mostly gone. I am eating corn and gluten again. Amazing." [Read more](#)

"Helminths have helped me with my gluten intolerance. I have had some transgressions with gluten recently and not had the terrible sleepiness and brain fog I normally get." [Read more](#)

"Helped me eat gluten whenever I want worry free as well. I used to get serious headaches." [Source](#)

"18 month update. After hitting the one year mark with no improvement I was starting to get discouraged... Finally, a couple weeks ago, everything changed. I was able to eat regular foods again. I did a gluten challenge... I did get symptoms, but nowhere as bad as before starting the treatment..." [Read more](#)

"I had severe food intolerances to Gluten and Dairy and I now eat anything and everything with no trouble at all. It took me about 6 months and 100 HW before I was able to introduce gluten without a bad reaction." (Posted to a Closed group, Jun 2016)

## Osteoarthritis (OA)

"I was starting to get early onset osteo, seems to have stopped." [Read more](#)

"In my own case, (osteoarthritis) is well controlled by taking Glucosamine/Chondroitin and Hyaluronic acid, but, having recently forgotten to get a top-up dose of hookworm on time, I noticed a reappearance of discomfort from my affected joints and had to increase the supplements to compensate, so it looks like the worms were helping with this condition." [Read more](#)

## Palpitations

"Before I started helminth therapy my heart would flutter a lot and I had irregular heart beat. It got where I could feel it all the time. It hasn't happened since." [Source](#)

## PANDAS (Paediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections)

"We are almost six months past his initial inoculation. His PANDAS is pretty much completely gone, his sensory issues are back to what they were pre-PANDAS. He is dramatically improved. This is all way beyond our wildest dreams, since we had no idea these results could happen and were trying to address his allergic rhinitis and chronic ear infections with the treatment." (Reported in a private discussion, Apr 2012)

"Our son, who is 10 and has Autism as well as PANDAS, was our first child to go on TSO and he has benefited greatly from it. It is also helping quite a lot with his allergies. (High Histamines = raging BAD mood for him.) His bloodwork results have been coming back close to normal where they'd not ever been close to normal in the past. Similar with our daughter, who is almost 13 and who began TSO in January 2013. She has had PANDAS and OCD for 9-10 years, since she was a toddler, but with the addition of TSO to her regimen, she lost her OCD overnight in January and it's not returned, though she says she can feel a little "buzzing" when it's time for more TSO, and that means the benefit is starting to wane. She was doing well enough in April to take a break from IVIG, at which point her bloodwork began coming in normal. She continues TSO every 2 weeks and is now happy and stable." Read more [here](#) and [here](#).

"5 months without a PANDAS flare up!! Thank you helminths!! My ASD & PANDAS daughter was having horrible anxiety, involuntary movements, some really scary tongue and breathing tics and, before she got her 45 Necator Americanus helminths, she was having flares every month. I was so desperate to stop the suffering and I only regret not doing it two years ago when I first heard of helminthic therapy and thought it was just crazy. There was a dramatic worsening of tics the first few weeks. At times it seemed like she was for sure starting a new flare but the symptoms would only last for minutes or a couple hours, and there has been a complete resolution of PANDAS flare ups now. I had tried TSO before the NA and I was amazed at the immediate improvements but I just couldn't afford to pay \$400 a month for the TSO. The majority of research that I found on helminths for autoimmune conditions is for NA, and the cost is better since they live 3+ years." (Edited from several posts in this [thread](#).)

"My son was very very sick when we started HDC worms. We have been on them every two weeks for over a year... Worms have changed my kids life drastically. He was on 3 antibiotics to treat his PANDAS before. He was always up and down and under weight. He gained over 5 inches in 7 months on the worms. Is 30 percentile in weight and 20 percentile now in height. This is a kid that never even made the charts." [Read more](#)

## Parkinson's disease

"They (pig whipworms - TSO) have a brilliant effect on dyskinesia and the need for drugs. It reduces the need for levodopa considerably." [Watch the video](#)

## Periodontitis

"Despite a good oral hygiene routine and diet I have had stubbornly inflamed gums for a few years, and the problem is now 99% gone according to my dentist... I'm 9 months in with HDC and 15 weeks with just 12 HW." [Read more](#)

## Peripheral Neuropathy

"I have peripheral neuropathy in my feet, which in my case manifests most strongly as erythromelalgia... I got helminthic therapy (hookworm and human whipworm) in spring 2008. Since then I've been experiencing slow but fairly steady improvement. For a long time I had to soak my feet in cool water to interrupt the attacks, a couple of times a day and always several times in the middle of the night. I no longer need to that, and have no trouble sleeping. Had also lost control of the muscles that straighten my toes, and have gotten that ability back... My feet are not 100%. But the improvement has been very pleasing." [Read more](#)

"I am pleased to report that after two months on the therapy my symptoms are improving and I'm off the prednisone. I had no side effects except a little dizziness the day I applied the patch." (Reported Mar 2013, after only one dose of 35 hookworm larvae.)

## Polymyalgia rheumatica

"I have polymyalgia rheumatica (an autoimmune disorder mediated by interleukin-6). The worst symptoms of pain (which made me yelp out loud whenever I moved) and stiffness (like walking in hip-deep water) can be controlled with prednisone, assuming one can tolerate the side effects of that. However, prednisone does not help with the fatigue which is often quite disabling. In my case, whenever I was standing up, I wanted to be sitting down and whenever I was sitting, I wanted to be lying down. Going anywhere, doing anything was a struggle - I was swimming upstream all the time. When it was time to meet a friend to go sailing (one of my favourite activities), I'd wail to myself "Oh, no, I have to go sailing!!" because all I wanted to do was lie down. The major effect of my hookworms has been relief from this overwhelming fatigue. About 3 months after the first inoculation, this just went away. Then, maybe 6 weeks after the second inoculation, I noticed the yard was full of fallen leaves, so I got a rake and raked them. The previous year, the same sight was overwhelming and just made me want to cry and, after a few halfhearted attempts, I gave up. I am probably still somewhat less energetic than before the polymyalgia, but I no longer feel like the Earth's gravitational field has doubled (maybe tripled)." [Source](#)

## Psoriasis

Psoriasis treatment. [Watch the video](#)

"The psoriasis i used to get has also completely gone." [Read more](#)

The following two reports are from the same person, four months apart.

1. "I have 25 hookworms so far and my psoriasis is almost gone.. I have had it all over my head for my whole life and have had it on my face before as well as my arms... I got the worms because I have M.S. and I have had no more symptoms so far. I got them around 5 months ago..." [Read more](#)

2. "Well my psoriasis is 90 present gone but sometimes I get a little then it goes away again . These are very good results seeing as I have had it my whole life." [Read more](#)

"Over the last 20 years I have tried everything the NHS has offered me - methotrexate, cyclosporin, fumaric acid esters, UV treatments, dithranol - among other things - but I've \*never\* seen results anything like this. The only treatment I have had in the last year is 90 hookworms. At about 9 months in, most of my torso cleared up in the space of a couple of weeks. Then about a month ago my legs cleared up almost overnight. So I seem to have had little spurts of healing, rather than a constant improvement. I have continued to use dovobet ointment most days throughout the hookworm treatment, just because I find it prevents my plaques from building up and becoming cracked and painful. But I've been doing that for about fifteen years anyway, so I'm confident that the worms are the reason for this big change! I don't have psoriatic arthritis, but I did have a lot of muscle pain in my joints due to hypermobility, and that has improved a great deal as well. To get these results without side-effects, without daily trips to hospital or monthly blood-tests and blood-pressure monitoring, without risking melanoma or chemical burns, without killing my immune system and suffering repeated infections... it just seems too good to be true. I really couldn't be happier with the results!" (Edited from several posts.) [Read more](#), and see the before and after pictures, [here](#), [here](#) and [here](#).

*"I've tried helminths treatment for my psoriasis (105 NA worms in doses of 35) almost 2 years in with absolutely no results... very discouraging... I still suffer like a bastard with psoriasis. In fact it has only progressed."* [Source](#)

## Psoriatic Arthritis (PsA)

"As the months after taking them passed, I was increasingly delighted with where things were going... any psoriatic arthritic symptoms I might have had just continued to fade away, my general feeling of well-being was great, my breathing felt easier and easier and my reaction to scents and whatever else that might have sent me off in the past virtually disappeared." (Reported in a private message, Jan 2013)

"It took about two years, to get my psoriatic arthritis under control. I had mostly inflammation of joints to the point of locking. Needed hospitalization and physio. with one episode and azathioprine and steroids to keep under control for many years. I no longer require immunosuppressant drugs. It does take time." (Reported in a closed group, Apr 2015, by someone who uses NA, TTO, and occasionally TSO)

*"I am coming up on my 3 year Mark in March. I don't believe my hw have worked for me... I have PsA and ... I still get bad sinus issues and constantly have post nasal drip. I cannot go without metamucil or I get all bound up... I just hoped my worms would help me... I started with 35 hw and two more instalments. I have topped up 3 times with 10 each time. I had the initial classic diarrhea. Everything was textbook except that I didn't notice anything different."* [Read more here](#) and [here](#).

## Raynaud's disease/Raynaud's phenomenon

"I have pretty nasty Raynaud's and I think they've backed mine off." [Source](#)

## Restless Leg Syndrome (RLS)

The following two reports were written by the same person, eighteen months apart.

1. "... my restless leg syndrome is completely gone..." [Read more](#)
2. "Since going on hookworms a year and a half ago, the irritability (and also the restless leg syndrome) have gone away." [Read more](#)

"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..." [Read more](#)

"... since taking a recent dose of TSO (porcine whipworm eggs) I found that, within a few days, my restless legs syndrome has thankfully been reduced to nothing!" [Read more](#)

"An added bonus is that I no longer get restless legs at night when I'm trying to get to sleep." [Read more](#)

## Rheumatoid Arthritis (RA)

"I was teetering on the edge of being diagnosed with rheumatoid arthritis, and that seems to have been helped. The 4 rheumatoid nodules I'd developed on my fingers have gone away." [Read more](#)

"I initially started combination therapy September 2011 for Rheumatoid Arthritis. Prior to helminths I had tried Remicade IV infusion and methatrexate. The Remicade worked extremely well however, my immune system was so suppressed I kept getting sinus and ear infections. My rheumatologist switched me to Orenzia IV infusion minus the methatrexate in hopes to limit the infections. The infections got better but my arthritis got worse. Finally, my arthritis was so bad I decided to try hookworms and whipworms I figured if nothing else my allergies would go away. I am thrilled to tell you I no longer take any medications for pain or inflammation!" (Reported in a private message, Sept 2012)

"I wanted to let you know how I am doing. Starting in mid-may i experienced a great increase in energy - not to the "bounce" level, but much better than it's been for the past 4 years. That has remained steady. Also, I have secondary sjogrens, which means I also have rheumatoid arthritis. Luckily it was inactive until December, when it became quite painful in my right hand. In addition to my anti-inflammatory diet, I became stricter by adding another diet I heard about. Soon my hand felt much better. I could not stick to it and realized after I stopped that my hand feeling so much better was due to the worms, not the diet. I now only have rare twinges. I don't know where i'd be without the two improvements i do have." (Reported in a private message, July 2013)

"I have moderate to severe RA (I was diagnosed 17 years ago and I have been on most of the drugs at some time or another) and severe allergies (severe reaction to sulphasalazine). I host 35ish hook worms (1year), follow a Paleo diet and take vitamin D, B complex, magnesium and a variety of probiotics, and I'm careful about sleep and stress management. My RA is in remission, I don't get hives in the sun anymore, no anaphylaxis, no depression and I have my energy back. I still have a few food triggers and certain sunscreens still cause problems but nothing too serious. I feel like I got my magic wish and my RA and allergies went away. I feel and look better than I have in 3 years." (Edited from two sources, including [this one](#).)

"Just an update... got my blood work today my crp is .4 and my sed is 24. Considering my sed rate was over 70 in oct that is amazing!!!! (I'm taking) 60 HDC every 2 weeks. In all fairness though I do hv confounding variables. I am using multiple treatments. Traditional and otherwise. But by God Something is working. I was crippled and almost bedridden a year ago and today I'm working and feeling great!" ... I have RA, sjogrens, psoriasis, and colitis. RA being my greatest source of angst and issues. Only one of those that I have much left of in the way of symptoms is sjogrens." [Read more](#)

"It's been over a year since I first inoculated (with hookworms), and I haven't had significant joint pain since this March (nine months ago). I still get occasional little flares in the few months after I inoculate (maybe once every week or two), but I'm keeping at a very slow pace and getting more resistant after each inoculation. I can't tell you how great it is to not be limited in what I can do by joint pain!" [Read more](#)

"RA symptoms more or less gone aside from the odd twinge." (Reported 18 weeks after inoculating with 5 NA and then adding 10-12 more at 12 weeks.) [Read more](#)

## Rhinitis

"Anyone who doesn't try this isn't suffering enough!" (Comment on a now defunct forum from someone whose rhinitis had driven him to the point of suicide, but who had been given a new lease of life by a dose of hookworms.)

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life." [Read more](#)

"I have been getting HDC for the past 6 months for allergic rhinitis and IBS, both of which which I have been battling for years. The improvements were amazing! I've been taking a dose of 25 - 30 every 3 - 4 weeks since September. Both issues are virtually gone when i'm on them. The effects seem to last for 3 - 4 weeks. I can tell when I need a new dose because my symptoms suddenly re-appear. Then when I take another dose within a day or two, huge improvement!" (Reported to a closed group, Mar 2014)

"I'm nearly 5 months on HW and my rhinitis and asthma have improved 80%" [Read More](#)

## Rosacea

"Rosacea has diminished." [Read more](#)

"I started HT... for allergies/rosacea... amazed at progress so far. I haven't needed any over the counter meds of any kind since the fourth week after inoculation and the flaky red stuff I always have on my chin is now gone." (Reported to the [Facebook Helminthic Therapy Support Group](#), Aug 2012)

## Salicylate intolerance (Also see [Food intolerance](#))

"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!" [Read more](#)

"Her reactions to salicylate were eczema and very depressive mood swings. She was always crying... It's now 7 months since we started the therapy and we are already seeing a good reduction in her salicylate intolerance. She is eating high-salicylate foods in greater amounts, like tomato sauce, mandarins, grapes, broccoli, nectarines, tinned salmon and lemonade ice poles, with no reaction. Her stomach aches have also now gone and so has her eczema... We tried many different alternative therapies in the past... nothing has really worked until now... and people who haven't seen our daughter for a while are surprised by how different she is now." [Read more](#)

"In the past I had serious problems with histamine and salicylates... Since hosting a bunch of hookworms I was able to gradually reintroduce all foods that previously made me sick." [Read more](#)

"Last night I celebrated New year's Eve with a glass of champagne! After almost a year of hosting hw for salicylate & Histamine intolerance I'm finally able to eat almost anything. Thanks to everyone here & hope you all have a wonderful 2015, I know I will!" [Source](#)

## Samter's Triad/Samter's Syndrome (AERD, NERD)

The following two reports are by the same person, two years apart.

1. "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 3½ years." (Reported in a private discussion, Mar 2012)

2. "Now he is getting the same efficacy from HDC." [Read more](#)

"Wow this is amazing! I was diagnosed with Samters Triad / Aspirin Exacerbated Respiratory Disease (AERD) in Oct 2014. Samters Triad is salicylate intolerance, nasal polyps and asthma... I decided to give HW a go in Jul 2015. My initial dose was 25. After 3 months I noticed I could get away with the odd glass of wine without an anti-histamine. In Oct I took a further 40 HW. Then suddenly about 10 days ago (mid January 2016) my nose cleared, and my energy levels escalated. I started cutting back my asthma medication and have taken nothing at all for 4 days now with no symptoms!" [Read more](#)

## Seborrhoeic dermatitis/seborrheic dermatitis

"In March, I started HDC. The allergies immediately vanished. Lately the seborrheic dermatitis has been much better." [Source](#)

## SIBO

"In my case hookworm do seem to help SIBO. I'm sitting here right now hearing healthy movement in my gut. One of the most debilitating symptoms of SIBO for me has been high blood pressure spikes and rapid pulse, plus insomnia. With hookworm on board I'm feeling much better in this regard. If anything, my BP is on the lower side of normal. My face has also cleared up, brain fog is greatly improved, and i have more energy." [Source](#)

"Helminthic therapy has turned things around for me. I had a very bad case of SIBO (25 kg weight loss). I can now digest/absorb GOS and fructose without any issues." Read more [here](#), [here](#) and [here](#).

## 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." [Read more](#)

"Now, at nearly two years since I began helminthic therapy I am nasally more normal than at any time in my life." [Read more](#)

"I inoculated at two months after my sinus surgery and did so because at the time I was having green discharge and mucus that was almost as bad as before the surgery. Starting only 6 days after inoculating and continuing for the 4 month until now, the signs of sinusitis with purulent nasal discharge and PND have been the best 4 month period in the approx. 15 months since the sinusitis abruptly started. And this is with NO antibiotics, which I took for months before submitting to the surgery... At this point I would continue HT even if I had no further improvement." (Reported to the [Facebook Helminthic Therapy Support Group](#), Jul 2012)

"... the worms have totally changed my body's reaction to a cold virus. In the past, I would get an immediate sinus infection (post nasal drip, sinus pain, sinuses filled with pus). This time, I have a sore throat and a slight fever. This is awesome!" (Reported in a private discussion, Sept 2012)

## Sjogren's Syndrome

"...had saliva in my mouth at night...unheard of for me!" [Read more](#)

The following four reports were posted over 3½ years by the same person.

1. (Oct '08) "The Doctor raved at how my tear production had returned to normal..." [Read more](#)
2. (Jan '09) "After a half a year, I consider my treatment successful beyond what I have hoped for." [Read more](#)
3. (Jul '10) "Overall, I am in a state of joy at being able to blink and talk without constant eye drops, etc." [Read more](#)
4. (Apr '11) "My terrible symptoms have left me, and as a result, my quality of life has changed for the better." [Read more](#)

"This is awesome, I am almost 50 so the scar tissue damage is never going away, but I have a huge increase in saliva in my mouth, my eyes have tears and my skin is very different. I lost about 20 lbs and my digestive system is much different. Also my desire for sugar which was the only thing that made me salivate is gone. My energy level is much better. I go weeks without having to take a nap or go to bed. I think everyone should get the worms." (Reported in a private discussion, Apr 2012)

"I wanted to let you know how I am doing. Starting in mid-may i experienced a great increase in energy - not to the "bounce" level, but much better than it's been for the past 4 years. That has remained steady. Also, I have secondary sjogrens, which means I also have rheumatoid arthritis. Luckily it was inactive until December, when it became quite painful in my right hand. In addition to my anti-inflammatory diet, I became stricter by adding another diet I heard about. Soon my hand felt much better. I could not stick to it and realized after I stopped that my hand feeling so much better was due to the worms, not the diet. I now only have rare twinges. I don't know where i'd be without the two improvements i do have." (Reported in a private message, July 2013)



"I've been on HW for over a year and it's been very effective for the Sjogren's. It's lessened the dry eyes considerably, the dry mouth completely, and it has greatly eased some neuropathic issues that are related. The abdominal side effects have been very hard on me, however, and, unlike for many, the treatment has increased my food allergies significantly. That aside, I do recommend giving it a try. It took about 18 weeks to kick in with Sjogren's symptom relief." [Read more](#)

"Before I started this therapy, I felt so lack lustre and generally unwell I wanted to stay home ... and didn't want to live for another 30 years (I was 50 then) as I thought life would be too tedious, fatiguing and painful ... my quality of life sat at about 3-4 out of 10. Pretty dreary most of the time ... 21 months into Hookworm therapy a lot has changed ... I enjoy life and am happy. I have a quality of life that is often at about 8-9 most of the time. I can exercise most days. I can engage with my family and friends and I can go out a lot more and go away now. I now sweat, after the 3rd month of hookworm inoculation, and my mouth is a lot less dry. I use half of the eye drops I used to use and I haven't had an eye flare up since I started the hookworms. I handled this last summer's heat that lasted 6 months and was one of the hottest on record ... and I have worked outside in 30C heat painting! I would never have achieved that 18 months ago. My skin and nails have improved big time ... I have more energy in general and my head is a lot clear. I'm not in a haze the whole time. And best of all, I seem to be improving over time still ... It probably took 15 months before I really started to feel WELL." [Read more](#)

"I have lupus bloods but all symptoms can be explained by sjogrens. I started helminth therapy in August last year (7 months ago) and have had 2 doses of 25 HW... my fatigue has improved - I would guess it is only about 10% of what it was. I think because of this my 'brian fog' has gone. All other SS symptoms still progressing though - but early days and I intend to have 1 or 2 further top ups in the next few months." [Read more](#)

"(I have) Lupus, Sjogrens, MCS and Food Allergies. I had diagnosed positive to Schrimers test as well as dry eye exam with split lamp. I'm ANA positive speckled SSB AB. I've had 25 NA for 1 year. I would go days without speaking to people because I had such significant mouth pain and my throat was so dry I could not swallow, tongue would be burned at the tip just from talking. It really took quite some time for the worms to get in their stride, but saliva and mucosal protection is now astounding. My dry eye also improved where before it felt like plaster. Joint pain is also improved. Heat regulatory system is better as well and not as much swelling in the hands. I itch, but no swelling or internal burning. But, just given the mouth benefits are life changing." [Read more](#)

## Sleep Apnea

The following two reports are about the same person.

1. "My sleep apnea has all but dissapeared and I'm breathing through my nose better." [Read more](#)
2. "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..." [Read more](#)

## Sleep, problems with (Also search the rest of this document for "sleep")

"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." [Read more](#)

"Before I needed a good 8 hours and more - now about 6 and a half to seven is plenty." (Reported in a now deleted post to the [Facebook Helminthic Therapy Support group](#).)

## 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!" [Read more](#)

## 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." [Read more](#)

## Ulcer, leg

"I have a long history of cd and ... I had a pyoderma gangrenosum on my leg... when I did the hooks my ulcer healed. This is the only treatment that has worked for me." (Reported on a [Facebook page](#))

## Ulcerative Colitis

"... the great thing, the amazing thing, the wonderful joy is that when i need to go that it is not urgent." [Read more](#)

"...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." [Read more](#)

"Repeated colonoscopies revealed that wherever worms colonized his colon, the symptoms of colitis were significantly reduced or nonexistent." [Read more](#)

The following two reports are by the same person, 14 months apart.

1. "I previously tried TSO and it dampened the UC somewhat, but not to the extent that human whipworms (TT) have."

[Read more](#)

2. *"I undertook helminthic therapy with open eyes and the realization that it doesn't work for everyone. So, regretfully, I am probably going to kill off my human whipworm (trichuris trichuria, TT) infection soon after around 1.5 years. Unfortunately, the critters have not had any noticeable benefit on my Ulcerative Colitis after all this time."*

[Read more](#)

The following two reports are by the same person, 7 months apart.

1. "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." [Read more](#)

2. (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." [Read more](#)

"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!" (Reported on a [Facebook page](#))

"This treatment has put my UC in complete remission and I am prescription free (yippie). I was able to get completely off prednisone, 6-MP, and asocol. I am medication free and symptom free. I feel and function completely normally! I would not have graduated, or have a career, or a normal life in any way had it not been for this therapy. I can't say enough good things about it!!!" (Reported in a private discussion, May 2012)

"I was diagnosed with UC in 2008... Started HT therapy in May 2011... and I've been in complete remission for over 6 months now. I'm very happy and very grateful. I just graduated from a graduate program in May 2012 and I'm starting a new career. It would not have been possible without this treatment. HT gave me my life back." (Reported in a private discussion, Jun 2012)

"I suffered from a serious case of UC... I've been hospitalized several times with serious bleeding and infection, the doctors told me to evaluate surgery if it ever flared up again. After starting HT (human whipworms) my UC is completely gone, so is my asthma, and my allergies and hypoglycemia as well. I still can't believe it. It actually started working 2 weeks into therapy after the first dose (improvement in pain/stool/stomach activity/rumbling etc.) so I feel like it's a miracle... It's so nice to be able to live again! (I work again and function normally) It feels like I can hardly remember how it was to be 'normal' ... as I see it the whipworms saved my life :-)"

Edited from two posts: [here](#) and [here](#).

"Helminthic therapy has put my UC in remission with only minor symptoms every now and then. Before HT I was not able to eat very many foods and would have never been able to hold down a job." (Reported to the [Facebook Helminthic Therapy Support Group](#), Jul 2012)

"I was on 6mp when I started HT. I was also on 40mg prednisone daily. I was off both drugs in about 6 months... I had ulcerative colitis." (Reported to the [Facebook Helminthic Therapy Support Group](#), Aug 2012)

"My UC is now 100% in remission. it was months ago i saw any bleeding or mucus." (Reported to the [Facebook Helminthic Therapy Support Group](#), Aug 2012)

"I dosed with 750 whipworm over 5 months starting in january. saw great results after one month. in june, I had one of the most stressful situations of my life at work, and flared again ... 750 WW wasn't enough to temper the effects of that much stress on my system. I'm dosing again, and have already seen very positive results."

[Read more](#)

"Everything is going great. A year after starting whipworm, I'm off drugs again, hoping it continues as i'm loving living life drug free and feeling awesome!" (Reported in a private message, Mar 2013)

*"I tried various worm therapies, including human hook and whipworms, for around three years and never had any success whatsoever with them for my UC-leaning IBD- well, I had some very mild dampening with TSO, but both HW and human WW just made my symptoms worse. Tried various inoculation strategies, tried aiding the inoculation and suppressing the side effects with high dose prednisone - they did nothing."* [Read more](#)

"I am off all drugs for my colitis which has been so bad at times 8 pentasa a day wasn't working and even prednisone started to be less efficient! Now it's been a year since starting Human Whip worm and i'm feeling amazing, off drugs as of 2 weeks, hoping to hold my helminth community and monitor keeping an amazing quality of life i have back!! ... VERY HAPPY helminth host, thanking them everyday i wake up!!!!" [Read more](#)

"Hookworm working, feeling great! I feel 'normal' again... better than I have in about 15 years. Seriously!"

[Read more](#)

"I've been taking the doses (of whipworm) since May 19, 2013 and I got blood test results today and for the first time since I was diagnosed with UC six years ago, I am not anemic nor do I have low vitamin D levels (another recurring problem). At some points during the last six years I've had to recieve iron infusions because my iron levels were so low, but now my iron is actually on the high side of normal. I have one dose left and still have some UC symtoms, but overall things have improved and the lab results are really quite surprising." (Reported in a private message, Aug 2013)

"Unless the other foot is about to drop, my worms have absolutely changed my life. Off of immune modulating drugs and in remission. New years eve was an emotional night out feeling like I have my life back. About 260 Whipworms and 135 Hookworms treating my once severe ulcerative colitis." [Read more](#)

"I have had this monster for 13 years and I am almost at 2 years of combination therapy with NA and TTO for a long list of symptoms I won't go into as it can get lengthy. I was a year and a half into HT at the start of the year and flaring. My GI wouldn't do my colonoscopy because I was so inflamed he thought I would perf. He thought I should be admitted for IV steroids and started on Remicade (but) I have been in complete remission for the past two months and have never felt as good." [Read more](#)

"I have UC and I take HDC (30/month) and made dietary changes. I am now symptom free." [Source](#)

"Just before starting treatment with TTO I had colon biopsies that showed dysplasia (precancerous cells or cell changes due to severe disease). After 7 months of TTO treatment I had a repeat colonoscopy which showed healed tissue in the colon and only mild inflammation in rectum. I just got the pathology report of the biopsies which showed no sign of dysplasia! Yippie!" [Source](#)

"I got the TTO and was thrilled with the results. I went from being threatened at having my entire colon removed, to eating and feeling normal." [Read more](#)

## 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." [Read more](#)

## Vertigo

"I have just come back from driving 900 miles in the last two days and don't feel in total melt down. I'll be tired tomorrow, but in the past I'd have had several days where my vertigo was a problem after this sort of journey. I've been hosting for a year and it has changed my life." [Read more](#)

## Weight, excess

"I actually lost weight from decreased inflammation as did my husband. No problems, though. I'd never realized how much water for inflammation I was carrying around - about nine pounds." [Read more](#)

"My appetite also decreased, and the weight that I have gained while being sick started to drop away." [Read more](#)

"Even though he was taking (hook)worms to soothe his terrible heartburn, seasonal allergies, and IBS, it helped him lose the extra weight without doing anything." [Read more](#)

## Weight, insufficient

"In the last 28 months since my wife started helminthic therapy she has gone from 70 to about 85 Kg, even if the amount of food she consumes has not changed much." [Read more](#)

"With the use of HDC, I gained 15 pounds (despite eating exactly the same)." [Read more](#)

## A family success

"I can't believe it's been almost a year since we got inoculated with hookworm. My only regret is that personally I didn't start hosting hookworm twenty years ago (or more!) Our entire family is so much better off. It's amazing to see my son run up to school from the end of the block on his own when at the beginning of the school year, he was almost paralyzed by panic attacks from PANDAS, a disease for which there is basically no treatment or cure aside from antibiotic administration until adulthood. My daughter had her best and most challenging school year ever and has made a best friend. My husband, too, only wishes he had gotten hookworm over a decade ago because of how much more productive and happier he is." (Reported in a private discussion, Jun 2012)

## Further information

For more information about helminthic therapy, see the [Helminthic Therapy Wiki](#).

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