

Autoimmune Therapies FAQ

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Introduction

This FAQ has been compiled by Autoimmune Therapies (AIT) to answer the most commonly asked questions about helminthic therapy.

It is based on our experience of providing helminthic therapy, using either hookworm or whipworm or both, to more than 300 clients since September 25, 2007. Our objective and hope is that this FAQ will assist you in understanding helminthic therapy and give you basic information about what to expect.

For those who are interested in starting therapy or who would like more information, the best way to contact us is by sending us a completed Questionnaire (available here: <http://autoimmunetherapies.com/documents/questionnaire.rtf>), because therapy has to be tailored to the individual history and disease.

For a complete list of methods you can use to contact us please refer to the index above.

You can download a .zip file of all our current documentation, including this FAQ, at http://autoimmunetherapies.com/documents/Autoimmune_Therapies_Documentation.zip. Double click on the downloaded file to decompress the folder containing the documentation. Please note, some Windows users may have to download a free utility that decompresses zip files from www.download.com or similar.

Note: We use British English throughout this FAQ.

No information provided here is intended to diagnose or treat disease, and helminthic therapy it has not been approved or evaluated by any governmental organisation in the world concerned with regulating healthcare or drugs, such as the FDA (the US Food and Drug Administration) or EMEA (European Medicines Agency). Except to classify it as a pharmaceutical.

AIT, its owners, employees, agents, vendors, and other associates are not medical doctors, or physicians. Nothing offered here should be interpreted as medical advice, and you should always consult with your doctors before making any changes to your use of medications or the use of any therapy, including helminthic therapy.

What is helminthic therapy?

Helminthic therapy is an experimental therapy for the treatment of immunological disorders, such as autoimmune diseases and allergies.

Helminthic therapy uses two different types of intestinal parasites that are considered mutualistic symbionts. A mutualistic symbiont is an organism that benefits from living in your intestines while benefiting you, as the host, by helping to keep you healthy. AIT chose to use *Necator Americanus* (hookworm) and *Trichuris Trichiura* (human whipworm), because these organisms are so benign. Both belong to a class of organisms called Helminths, hence the name helminthic therapy.

The therapy involves deliberate infection with either hookworm or whipworm, or both. This is very much like the deliberate ingestion of beneficial microorganisms or “good bacteria” contained in probiotic yoghurts.

How does helminthic therapy work?

Helminthic therapy works by reintroducing to the body organisms that we have evolved with, thereby intending to correct an imbalance within the immune system.

The developed world has become so obsessed with hygiene and the elimination of germs and parasites from our society as a way to keep the population healthy that little thought and understanding has been given to the consequences to our immune systems as a result of these actions.

It is now known that humans evolved alongside parasites, as well as a whole host of protozoa, bacteria, and germs. The importance of this close relationship between man and the organisms we have evolved with forms the basis of the Hygiene Hypotheses (find out more at www.hygienehypotheses.com).

Our immune systems have evolved to expect parasites to be present in our bodies. When we cleanse our bodies to such a degree that the immune system has nothing to work on, it does not just stop working. It starts reacting in inappropriate ways. This is when it is possible for diseases involving allergies and autoimmune problems to arise.

The reintroduction of parasites, such as hookworm and whipworm, is a step in redressing the natural evolutionary balance of the immune system, giving the immune system an appropriate target to work against, thus halting the destructive actions of the immune system on its own tissues or benign substances such as pollen, cat dander etc

It is also known that, in order to live in our bodies unmolested by our immune systems, helminths, secrete substances that turn down the immune response. This is believed to result in a better-regulated immune system, one less likely to attack self-tissues, cat dander, pollen, and other inappropriate targets.

Who can benefit from helminthic therapy?

It is possible that anyone with a chronic inflammatory condition or one involving autoimmune related inflammatory diseases, autoimmunity, or atopic diseases such as asthma, could benefit from helminthic therapy. But it is impossible to predict if any one person will respond to the therapy in advance. The only way to test it is to try helminthic therapy. Diseases that have responded include asthma, Crohn's Disease, ulcerative colitis, eczema, psoriasis, hay fever, irritable bowel disease, migraine, multiple sclerosis, Sjögren's Syndrome, and allergies.

Therefore anyone undertaking helminthic therapy has to do so with the full understanding and acceptance that it may not work for them.

Is helminthic therapy safe?

Yes.

But all therapies involve an element of risk, and while there are no documented cases of harm or death resulting from infection with the number and types of organisms we use, you cannot therefore assume that those things are not possible.

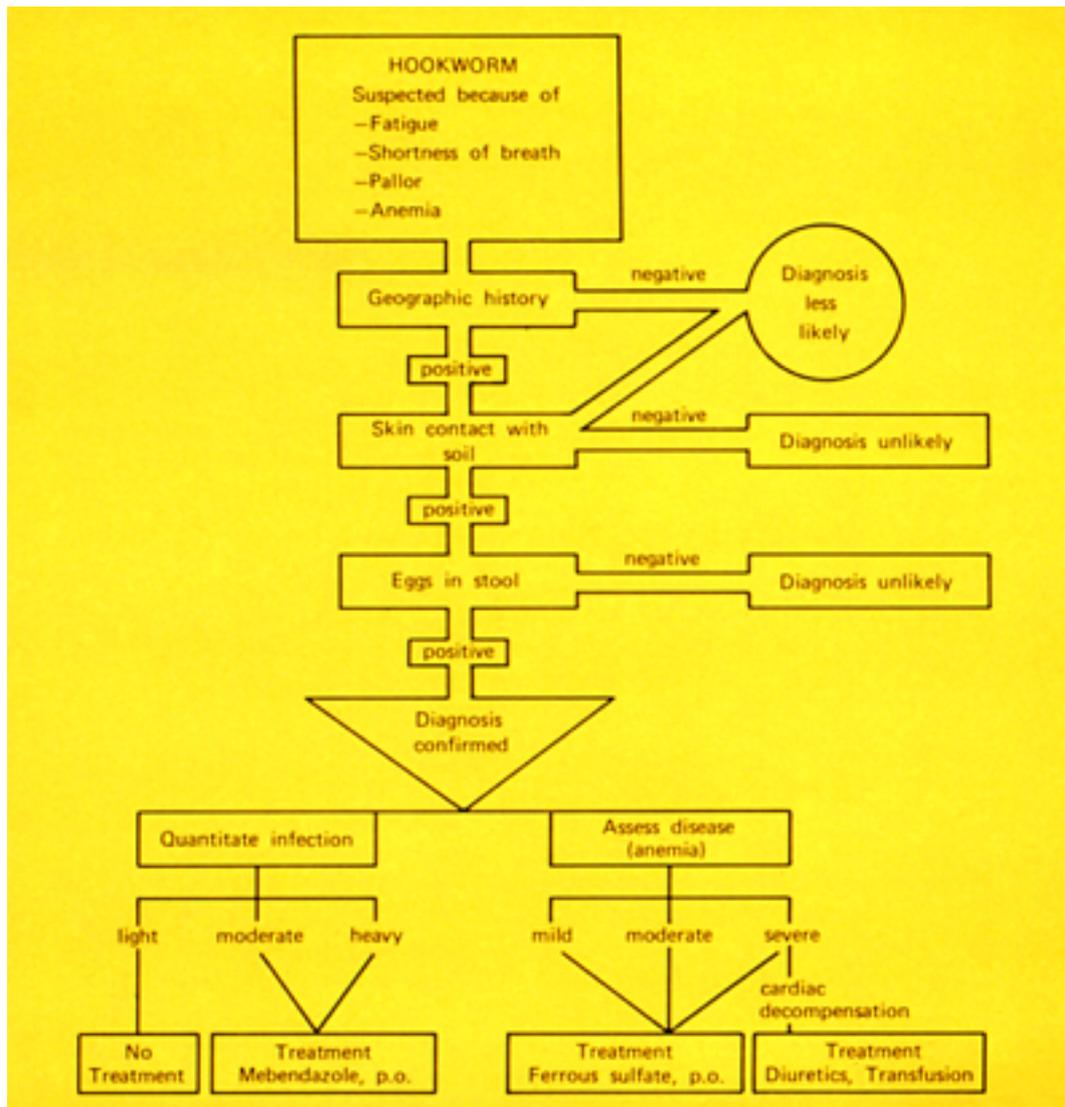
A therapeutic dose of helminths is very small. It fits the definition of a light infection. All the parasitology text books, as well as the scientific papers on the subject, report that people with

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light hookworm or whipworm infections are asymptomatic. Most, unless they have been diagnosed as being infected by a doctor, have no idea that they are infected with hookworm or whipworm.

The Centers for Disease Control, a department of the National Institutes for Health in the United States of America, recommend US doctors not treat light infections of hookworm, see the diagram below.

United States Centers for Disease Control diagnosis and treatment algorithm for hookworm infections



Source: US Centers for Disease Control and Prevention, Public Health Image Library: <http://phil.cdc.gov>. Search for "hookworm" or 5245, the image number. Accessed 19 May 2011.

The only problems described in the medical literature are associated with very large numbers of hookworms and whipworms, with heavy infections. Autoimmune Therapies provides only light infections, and we are very conservative in calculating maximum numbers for each client.

In the so-called Third World, when a person has a very large number of helminths, they typically do not have access to medical care, and they are often malnourished. When these

circumstances occur, hookworm can contribute to iron deficiency anaemia. Severe whipworm infection can cause bloody diarrhoea, iron deficiency anaemia, and severe constipation leading to rectal prolapse.

In our opinion hosting a therapeutic dose of either hookworm or whipworm whilst maintaining a healthy western diet poses no risk to you nor to others around you.

For more detailed information on this subject see www.helminthictherapy.com or these web pages:

1. <http://www.cdc.gov/parasites/hookworm/>,
2. <http://www.dpd.cdc.gov/dpdx/HTML/Hookworm.htm>
3. <http://www.dpd.cdc.gov/dpdx/HTML/Trichuriasis.htm>
4. <http://www.cdc.gov/parasites/whipworm>

The blood-thinning effects of hookworm

We have observed in ourselves, and have had reported to us by clients, that with hookworm infection, which is known to secrete a powerful blood thinner, that it takes longer for blood to clot and scabs to form. This would mainly be an issue for pregnant women among our clients and should be mentioned to our OB/GYN if you are hosting hookworm when you get pregnant. We will not supply hookworm to haemophiliacs.

How do I take hookworm and whipworm?

The methods differ according to the organism.

Self-infection with whipworms

Whipworms are ingested orally. At AIT, the whipworm ova are isolated as soon as they leave the host, and they are then incubated in a sterile solution for 3 weeks until they are mature, infectious ova. The ova, which are invisible to the naked eye, are counted, cleaned, and stored in a sterile solution.

Individual doses are sterilised before shipping. Recipients drink the solution that contains the invisible infectious whipworm ova in suspension.

Each client of Autoimmune Therapies is provided everything required to accomplish self-infection easily, including detailed directions with photographs that show each step. If you have not received a copy you can download the instructions for self-infection and storage for hookworm and whipworm at <http://autoimmunetherapies.com/documents/instructions.pdf>.

Can hookworms and whipworms reproduce in my body?

No.

In order for hookworm to reproduce and become infectious, they require a long period of time outside of the body. The adult hookworms produce embryos that are passed, without notice, in a person's stool. These embryos have to spend at least 8 days in ideal conditions to develop into infectious larvae. They then have to come into contact with bare skin to successfully complete their life cycle.

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Therefore, if you have a dose of 35 hookworms, 35 is all you will have.

Similarly with whipworms: A period of 3 weeks is needed outside of the body for the ova to become infectious. The ova mature to the infectious stage only under ideal conditions, and then the ova need to be swallowed for a person to become infected.

Can I infect anybody else while I am hosting hookworms or whipworms?

No.

There is absolutely no chance of infecting anybody with hookworm or whipworm accidentally if you live in an industrialised country and practice even rudimentary levels of hygiene. Both organisms depend on a period of time outside of the body to become infectious, see “Can hookworm and whipworm reproduce in my body”, previously. The basic sanitary practices of using toilets and wearing shoes have broken the lifecycle of hookworm and whipworm in industrialised countries, leading to their eradication in developed nations, and eliminate any chance of accidental infection.

Are hookworms and whipworms easy to eliminate?

Yes.

To eliminate hookworms, you can take a single dose of the anti-helminthic drug called Albendazole, obtained through prescription from a doctor. That is all that's required

Whipworms or hookworms, or both, can be eliminated with a 3-day course of a similar drug called Mebendazole. These drugs are available over the counter in some countries; in others, it is a prescription medicine available only through your doctor.

Can I accidentally kill my helminths?

Yes.

Not many things kill helminths, but it is possible. Nitrous oxide is known to kill hookworms. They are extremely sensitive to it, so much so that AIT recommends people abstain from eating canned whipped cream or any “food” sold in aerosol cans, because the propellant used is nitrous oxide.

Whipworms are not as sensitive as hookworms, but it is possible that nitrous oxide could have the same effect on them.

It is also possible that some substances kill the helminths that we do not know about, but any unprocessed food is fine.

There are also a few things that, although they do not kill the helminths, might affect their efficacy. These include antibiotics and injected local anaesthetics, including those used by dentists, such as lidocaine or novocaine.

If either antibiotics or local anaesthetics are used while undergoing helminthic therapy, AIT has observed that efficacy can be reduced for up to eight weeks. AIT strongly advises clients to get in touch in these circumstances, because we have found that a small supplemental dose

administered shortly after taking either of these drugs restores efficacy in as little as two weeks. AIT will supply a supplemental dose for just \$150.00 USD, as of May 2011.

There are lists on the internet warning people about things that kill helminths, such as turmeric, pumpkin seeds, and even carrots. We have had no experience of people losing their helminth population by consuming these things. AIT is of the opinion that any unprocessed food found in any diet will not harm your helminths. It is important to remember that neither hookworms nor whipworms feed on your gut contents; they feed on you.

The things that you should be wary of are highly concentrated foods or tinctures that are not found in nature. These include things such as essential oils, oregano oil, and mixed Chinese herbs used as infusions, because we have no way of knowing what they contain, and they could contain something with antihelminthic properties.

If something specifically states that it has antihelminthic or antiparasitic properties, stay away from it throughout your helminth therapy.

However, if anything is commonly eaten, drunk or otherwise ingested commonly in the tropics where hookworm and whipworm are endemic you should not worry about them. If they had antihelminthic properties this would long ago have been observed and would be widely documented and used as antihelminthic folk remedies.

What happens if I accidentally kill my helminths?

If your helminths are killed accidentally you will see a rapid return of disease symptoms. AIT will send you another dose during the period of the guarantee (please read Client Agreement for current policies) of infection for \$150 USD, which, as of May 2011, is valid for three years for hookworm and eighteen months for whipworm.

You can benefit from helminthic therapy only if you are hosting helminths, so it is important to maintain a therapeutic population. Therefore, if you expect to lose your helminths or anticipate having to use antibiotics or local anaesthetics, which can cause a temporary loss of efficacy, please contact us in advance so we can arrange delivery of a replacement or a supplemental dose. By doing this, you can reduce the amount of time that you will experience a loss of efficacy.

Can anybody use helminthic therapy?

No.

People who are HIV positive will not be offered helminthic therapy by AIT. Nor will people who have had a diagnosis of most cancers, even if in remission, be offered helminthic therapy. However, in cases of relatively benign cancers or those that are very easy to treat, such as basal cell carcinoma or thyroid cancer, helminthic therapy will probably be offered.

If you are pregnant or planning on becoming pregnant soon after starting therapy we will not provide hookworm to you. Although there is no indication that hookworms or whipworms can harm a developing fetus, AIT chooses not to treat pregnant women. We recommend those with helminth infections who become pregnant to consult their doctor about elimination, but our position is not taking drugs during pregnancy is the default best idea. We therefore recommend leaving them in place if you become pregnant and are hosting helminths.

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For those planning to get pregnant is to wait until after the pregnancy to start therapy. The reasons for this is that all the research in this area has been conducted in the 3rd World, where malnutrition, high worm burdens, and anaemia are common even absent worms. So all the research associates hookworm and helminth infection with low birthweight.

People with blood clotting disorders, such as haemophiliacs, or those using large doses of blood thinners may be denied therapy. Obviously if you are using blood thinners to treat some other condition with the proper blood tests post hookworm exposure your use of blood thinners could be reduced.

This is a complicated subject, so please contact AIT for details if you want more information.

Is helminthic therapy safe for children?

Yes.

AIT has treated children with a variety of conditions, the youngest being a 12-month-old with Type I diabetes.

We have also treated a 2-year-old with Crohn's Disease. The story is remarkable, and you can read it on the AIT blog (<http://www.jasper-lawrence.com/the-story-of-a-all-in-one-place/>).

The owners of AIT have infected their own children, using helminthic therapy prophylactically to ensure that they do not develop Type I diabetes, allergies, or asthma, etc.

With children, as with adults, each case is assessed and handled individually. AIT tailors the therapy and the dose to fit the child.

A child's immune system is still developing and is much more adaptable than an adult's. The Hygiene Hypothesis and Old Friends' Hypothesis suggest that the juvenile immune system depends upon exposure to a variety of benign infectious organisms to develop properly, and recent research suggests that the most important of these organisms is helminths.

AIT's observations of children using helminthic therapy have been very positive. Children, by and large, respond faster and have better results than adults. They experience fewer side effects, and these are milder when they do occur, than those experienced by adults. Note: Side effects or reactions are rare even in adults, none are harmful, and all resolve without medical intervention.

AIT is very conservative in the application of helminthic therapy, particularly when treating children. Every aspect of helminthic therapy and AIT's plans for therapy of the child is discussed in detail with the parents until the parents are completely satisfied. Our clients are in charge of their therapy. This applies to parents of juvenile clients too, of course. Parents are involved in every decision regarding the care of their child, and parents have the final say.

Doses are calculated based on the child's height and weight, usually rechecked at intervals of between six and twelve months. As children grow, they require more hookworms or whipworms to maintain a therapeutic response. AIT provides supplemental doses, if required, for \$150 USD as of May 2011 for the period of the guarantee of infection to juvenile clients. As with adults, therapy is tailored to their particular needs.

Autism

Based on the widely varying results seen in our clients for autism over the last five years using hookworms and whipworm with their definitive hosts, and on the nature of the disease and its impact on the family, their finances, etc., we are discontinuing the availability of helminthic therapy from AIT for all but existing clients for autism.

Having dealt with numerous families and particularly mothers struggling with this disease, and having talked with others in the helminthic therapy community, particularly Detlev Goj the founder of Ovamed, we have come to the conclusion that TSO from Ovamed provides the best option in terms of helminthic therapy for Autism.

For that reason we will no longer provide helminthic therapy for Autism except for existing customers who are getting good and clear results already.

Everyone else we refer to ovamed.org and Detlev Goj.

How long does helminthic therapy take to work?

We don't know.

This is highly dependent on your specific disorder, genetic make up, disease history, medication, and so forth. Typically, if you are going to see a benefit from helminthic therapy, you will observe a marked improvement (assuming your disease is active at the time therapy starts) between 3 and 6 months after starting treatment.

As an example of how widely different diseases respond, the record for seasonal allergies is 7 weeks for the fastest response time. But the longest response time for seasonal allergies is 18+ months. The average response time for seasonal allergies, for what it is worth, is just under 3 months.

For about 5% of those using helminthic therapy, beneficial results have taken as long as 11 months, and a variety of diseases have taken this long or longer.

We marked one client's therapy as a failure in our database for almost a year. But he started to respond after he stopped taking methotrexate, the medication he had used for over 10 years to manage his condition, Psoriasis.

Important:

Never change your use of a prescription drug without first consulting your doctors. Very serious consequences can result from doing so. This example is provided merely to illustrate the enormous amount of variation that we have observed or that have been reported to us.

Helminthic therapy is a process. Although improvements can be observed as early as 7-9 weeks, 4-5 months is more common, and 9 or more months is part of the "normal" range. Subtle changes in the immune system have been reported as ongoing for many months, even years. The full effect of helminthic therapy on your immune system is achieved only after a year or more of hosting helminths, in some cases up to 2 years.

How and where do I get helminthic therapy?

You can start the process by visiting our website, <http://autoimmunetherapies.com>.

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AIT was the first company in the world to offer helminthic therapy using helminths with humans as their definitive hosts to the public: hookworm (*N. Americanus*) and whipworm (*T. Trichiura*). Before we started providing helminthic therapy to clients in September 2007, helminthic therapy was available only to those enrolled in research studies at universities.

When you visit www.autoimmunetherapies.com you will find information about helminthic therapy, Autoimmune Therapies, and our policies and practices. There is also a section of the website devoted to those diseases that AIT has provided helminthic therapy for most often. If your disease does not appear in that section, that does not mean that we have not used helminthic therapy for that disease, nor that your disease will not respond.

Because helminthic therapy has to be tailored to the individual, both to achieve the best results and to avoid side effects, we have developed a process that starts with submission of a completed questionnaire.

You can download the questionnaire (<http://autoimmunetherapies.com/documents/questionnaire.rtf>). You can complete it by using any text editor (such as WordPad, Notepad, TextEdit, Microsoft Word, or Pages), or you can print it and complete it by hand.

When have completed the question, please either:

Email it to enquiries@autoimmunetherapies.com and use Regarding Helminthic Therapy as the subject to ensure that your email is not treated as spam.

Or fax it to 1 831 427 7788

Notes on Shipping

We ship to every country in the world, however some are easier to ship to than others. In all cases, except after repeated failures using plain airmail, and at our sole discretion, we will use an express mail service such as FedEx. If it proves impossible to ship to your country you have the choice of visiting us for therapy. Currently that is in the UK and Australia.

Whichever organism, or combination of organisms is required for your condition, they will have to be shipped to you. With whipworm they have proven to be much hardier to cold than hookworm, and will survive anything but freezing.

Hookworms are more fragile, and will remain viable under ideal conditions only a month after developing into infectious larvae.

However, they are very sensitive to prolonged periods of cold below 6° Celcius. We know from many winters of shipping that it is the “last mile” where most shipments are killed. The loss rate is about 1/3 when conditions are freezing at the destination, and we are working on an active temperature control system that works, is cheap enough to be practical, etc.

Until then if you order hookworms during your areas cold period please be patient with us and understand that while most shipments do get through fine, some people can experience multiple shipments that are dead on arrival. Our policy is that we will continue to ship until you get a live batch, but some unlucky people can need 3 and sometimes more shipping attempts to get a first dose through intact. If you are unlucky the experience can be extremely frustrating, please understand that we find this as frustrating and upsetting as you, and will continue to ship at no additional charge until you receive your shipment intact.

Since most of our clients are in the northern hemisphere this is an issue from early December through early April, depending on how long it is cold in your area. But we expect this issue to be resolved before the end of 2013.

How long do the positive effects of helminthic therapy last?

We don't know yet. We have only been using helminthic therapy ourselves since early 2006 and offering it to others only since September 2007.

Jasper Lawrence's allergies and asthma have been in remission since the spring of 2006, as long as he has been infected with hookworm. Those of our first cohort of clients (infected on September 25, 2007) who responded well all maintain their benefits as of May 2011.

But no one knows how long benefits will last.

We believe that the positive effects of the therapy last as long as you host the organisms. Positive effects from helminthic therapy disappear very quickly with the loss of helminths, a matter of days or a few weeks.

The average lifespan of hookworm is 5 years, and the average lifespan for whipworm is stated in scientific literature to be 2 years, although how long each helminth lives in a particular person will vary, based on the genetics of the person hosting them. For instance, there are two examples in the scientific literature of hookworms living for 15 years and 18 years, respectively.

AIT guarantees hookworm infection for 3 years, which is the low end of their lifespan according to various sources. Whipworm infection is guaranteed for 18 months for the same reason.

If you purchase Combination Therapy we effectively guarantee infection with both organisms for 3 years.

Please see our Client Agreement, which is available upon request, for details of our policies regarding supplemental doses, reinfection upon accidental loss of infection, and so forth. Currently, our policy is to provide both supplemental doses and reinfection for the cost of shipping and packaging.

What are the possible side effects, and what are my chances of having them?

Hookworm side effects from immune response following initial exposure

Side effects are caused by your body's immune response to exposure to hookworm. They are most likely to occur with the first dose. Side effects with second or third doses are very, very rare. Most people experience very mild reactions. Side effects can occur at any point during the first 12 weeks after self-infection with hookworm, but are most likely to occur around day 4 and day 21.

With hookworms, the majority of people will get an obvious itching, tickling, or prickling sensation shortly after applying the helminths. This is followed by a rash that develops approximately 12 hours after application at the inoculation site, and it can last from 3 to 21 days.

For most people using hookworms, the itch and the rash are all the side effects that they experience. Occasionally, they also experience a few loose bowel movements. We have observed that this is the case for approximately 85% of those using hookworms.

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For those who have a stronger immune response to hookworms, and therefore experience stronger side effects, the most common are gastrointestinal ones. Gas and all the symptoms that causes, such as bloating, cramping and a tender abdomen, or diarrhoea. Diarrhoea can cause fatigue or dehydration, if it persists for more than a few days. Diarrhoea when it occurs can last a few days or a few weeks, but is typically episodic.

In cases of Crohn's Disease in the ileum, the more active a person's disease is in that area of their intestinal tract, the harder it is to establish a therapeutic number of hookworms. Intestinal inflammation is the mechanism by which the immune system controls helminth populations. This issue is discussed at length with prospective clients during the interview process, and AIT has several strategies for overcoming this issue.

Other rare side effects are joint pain and swelling, usually near the inoculation site or at the ankles.

Side effects are generally mild and normally last no more than a few days, up to 2 weeks. People who do experience side effects might experience more than one period of them during the 10-12 weeks following self-infection.

As our skill and experience has increased, we have been able to reduce the incidence of side effects in those we treat. If you are taking an anti-inflammatory, antihistamine, or immunosuppressive therapy, you will experience few side effects or none at all. Some of AIT's clients have reported that taking Prednisone (USA), also called Prednisalone (UK), a prescription-only steroid drug, whilst starting helminthic therapy has eliminated all side effects associated with the side effects of the therapy.

It is theoretically possible to develop anaemia as a result of this treatment. But in practice, in the West, this is impossible for all but those at risk due to other factors usually associated with their disease. Anemia is very slow to develop and is easily detected and treated by your doctor. See our blog entry titled "Can Hookworm Cause Anaemia in Therapeutic Numbers?" for a full discussion.

Approximately 10% of those taking hookworm experience mild euphoria and complete disease remission within a few days. This phenomena is temporary, lasting from one to 14 days, and you should not change anything about management of your disease.

Whipworm side effects from immune response following initial exposure

Side effects that have been reported by AIT clients using whipworm therapy alone include a dull ache or pain occurring on the lower-right side of the abdomen 3-5 days after swallowing the whipworm ova solution. This usually passes within a few hours or days. In rare instances, nausea and sickness has been reported. This can be episodic but is short-lived, usually over within a couple of hours.

Sometimes there is a worsening of disease symptoms while the whipworms are becoming established.

Diarrhoea has also been reported, usually episodic and of brief duration. But in some cases, as with hookworm, it can last for longer periods of time, weeks in rare cases.

In cases of ulcerative colitis or Crohn's colitis, the more active a person's disease is in their colon, the harder it is for the whipworms to get established. Intestinal inflammation is the mechanism by which the immune system controls helminth populations. This issue is discussed at length with prospective clients during the interview process, and AIT has several strategies for overcoming this issue.

How well does helminthic therapy work?

The proportion of those who report positive results to us varies substantially by disease and with other factors. We cannot provide accurate answers to this question here, so please discuss this with us if you contact us for therapy.

However, we typically provide therapy only for diseases for which clients report success in high numbers. When we offer therapy for a disease that we have not offered therapy for in significant numbers or it is not clear that helminthic therapy might be beneficial, we will tell you.

How will I know if I am successfully infected with helminths?

If you experience the distinctive itch, and a rash at the inoculation site for hookworm you are successfully infected. A study showed that 100% of hookworm placed on the skin of 2 individuals arrived in the intestines. This was confirmed using constant capsule endoscopy.

With whipworm you are likely, as with hookworm, to experience abdominal side effects, described above.

To confirm infection if you suspect you have lost them requires a stool test.

AIT have discovered that western laboratories are very poor at detecting helminth infections.* For this reason, AIT offers an annual free stool test to all of our clients to establish whether or not the helminth infection has been successful. This is a simple test involving a tablespoon of faeces sent to AIT. The sample is analysed, and the results are available 24-48 hours after the sample is received. AIT does not use this stool analysis for establishing population numbers; it is for detection only.

AIT stool tests are 100% accurate as long as the client follows the directions, to the letter, for how to send the stool sample.

*Labs associated with schools of tropical medicine do produce reliable tests for hookworm and whipworm infection and we will accept their findings, but from no other labs do we accept results.

Will I be able to stop taking my medication?

Only your doctor can advise you about stopping your medications.

We have observed that results vary, but, typically, those of our clients who respond are able to reduce or eliminate the use of traditional medicines after the first year of therapy. It is important to wait at least a year before reducing your use of medicines because it takes at least that long for the helminths to have their full effect on the host immune system.

However, reduction of medicine or stopping the use of any strategy used to manage your condition should be undertaken slowly, over a period of months, even if you believe helminthic therapy has provided you with full remission. In cases where remission is obtained from using helminthic therapy while still using drugs, or other methods, remission could be partially dependent on those drugs or methods, at least initially.

In most cases, and only in consultation with your current physician, you should plan on continuing your current medications in conjunction with helminthic therapy. This assures that you achieve remission as quickly and completely as possible. If you see a marked

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improvement, you might want to discuss reducing your use of conventional medicines, but only under the advice and supervision of your physician. Please do so gradually and conservatively (preferably long after you would like!) and only after consulting with us, as well as your doctor. It takes almost a year for helminthic therapy to have its full effect, and you might even notice ongoing changes after that.

What is the difference between a cure and remission?

A cure is when a disease or illness is treated and then goes away completely. An example of this is when antibiotics are used to clear up an infection such as tonsillitis.

Remission is associated with incurable diseases, such as multiple sclerosis, Crohn's Disease, ulcerative colitis, and others. All of those diseases are very hard to treat with modern medicine, and, at the moment, modern medicine offers no cure. These autoimmune diseases can be characterised by periods of sickness, usually referred to as "relapse", and periods of wellness, when the disease symptoms are not apparent at all, referred to as "remission".

Helminthic therapy helps the body to achieve and sustain remission. It is not a cure, because the remission is dependent upon continuing to host the helminths. If you lose your helminth population, you will get sick again. This is why AIT guarantees infection and provides reinfection for just \$150 USD as of May 2011.

Is helminthic therapy approved by the American or European health authorities?

No.

Hookworms and whipworms were classified by the FDA (the US Food and Drug Administration) as "an investigational new drug". Helminthic therapy is an experimental therapy with no approval from any medical organisation.

Although there are numerous studies being done around the world looking at the efficacy of helminths on various autoimmune disorders, as well as on allergies and asthma, this does not mean that the use of helminths has been approved. Or ever will be.

It is far more likely in our opinion that the research underway is focused on isolating the immunomodulatory molecules secreted by helminths so that new drugs can be developed.

Am I breaking the law if I travel over international borders with a helminth infection?

No.

It is not illegal for a person to travel while infected, which is what a helminth infection is in the eyes of the law.

Is the information I provide to AIT secure? What is AIT's privacy policy?

We treat your personal information as we would like other people to treat ours. That is, we do not sell it or share it with anyone, and we take measures to make sure that people cannot steal it. Whenever it is appropriate, we use Secure Socket Layer (SSL, indicated by the "https://" at the front of the URL of any secure web page). All financial data is encrypted, and your personal, private and financial data is never shared with any third party, except to the extent required to process payment and to provide services to you. After we have processed a payment, we destroy any record of the means of payment. We do not store credit card information. AIT stores your personal information in an encrypted format using the strongest method available to us (256-bit AES). All of our client files are encrypted.

Our privacy policy is that we will never share any information that you give to us without your prior written permission or by court order.

However, we use networked computers and if someone with enough resources, expertise, and time wants access to your data it is clear from the news that on one can guarantee data integrity and safety.

Is there anything I can do to improve my odds?

There are many things you can try, most free or very nearly so, that originate in the same area of thought as helminthic therapy: the idea that changes in our environment, habits, diet, and other factors might have had impacts on our health, specifically that of our immune systems.

Jasper Lawrence, one of our founders, discusses various issues, including this one, in his blog entry titled "If I was really sick still, this is what I would do." You can view his entire blog on the web at www.jasper-lawrence.com.

All of the methods described have been or are used by members of AIT to attain or maintain health.

Contact Information for Autoimmune Therapies

As of September, 2014 the following contact information is valid for Autoimmune Therapies. Things do change occasionally, so if you have trouble with any of these numbers please visit <http://autoimmunetherapies.com> for the latest versions. Skype will forward to whatever telephone numbers are currently in use, at our expense, if no one is available to answer a Skype call.

Skype is free to download and to use when calling other Skype users, like us: <http://www.skype.com>.

You can download a vcard which will allow you to add all our contact information to your contact manager or smart phone here: <http://autoimmunetherapies.com/documents/vcard.vcf>

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Contact by region

We have suspended our use of toll free numbers, not enough people used them to contact us to justify their continued use. If anyone feels strongly this was a mistake please let us know and we will consider restoring this service. However for those on a budget Skype is a free alternative.

Currently the following numbers can be used to contact Autoimmune Therapies. We use Skype as a type of routing and messaging system. All are Skype-In numbers and will forward to one or other of our customer service people. Please leave a message being careful to enunciate, with your name and telephone number or Skype handle.

Customer Service Office A

Based in Europe and on UK time it can be contacted using the following telephone numbers. Please note email addresses are pooled and routed internally. You can obtain the current time at this office by clicking [here](#).

Europe: + 44 20 81 23 53 64

USA & Canada: +1 831-706-2181

Skype: autoimmunetherapies

Email: customer_service@autoimmunetherapies.com

Customer Service Office B

Based in Australasia and on New Zealand time it can be contacted using the following telephone numbers. Please note email addresses are pooled and routed internally. Office hours are 9 am to 5 pm Monday through Friday, New Zealand time. You can obtain the current time at this office by clicking [here](#).

Asia Pacific: +64 98 89 01 37

USA & Canada: +1 323-906-7848

Europe: + 44 20 71 93 56 57

Skype: autoimmunetherapies_cs

Email: customer_service@autoimmunetherapies.com

Fax

We prefer form submission via email as text files to allow cut and paste. However you can fax us here.

Fax: +1 831-427-7788

Out of hours or exceptions

If you have unique or urgent situation you can contact Jasper Lawrence using the information below. Jasper lives in Morocco, the time there can be obtained [here](#).

USA & Canada: +1 831-706-2766 Europe: +44 20 32 86 72 76

Skype: wormtherapy

Notes on Skype

Skype allows users to type messages, to make audio calls, and to make video calls all for free to other Skype users, over a broadband connection. It also allows conference calls, so please consider it if you do not already use it. Download and use for free from skype.com.

Email

When sending email if you are using webmail in particular, because we have to use strong spam filters because our email addresses are widely published, please use the subject line Regarding Helminthic Therapy to ensure your email is not blocked by our spam filters.

If you click on the email links below, and use a mail client, not webmail, like Outlook or Mail, a blank email with the correct subject will be created addressed as indicated.

For any follow-up questions, or to order a supplemental dose, etc., please contact us at:

Customer Service: customer_service@autoimmunetherapies.com

For new enquiries, for instance if referring a friend or relative, please use the address below. Please be sure you, or they if you are referring them, submit a completed Questionnaire, available for download [here](#).

Enquiries: enquiries@autoimmunetherapies.com

Twitter, Facebook & Blogs

Twitter: @wormtherapy (@helminthictherapy and @autoimmunetherapies were too long to be allowed). This is our company account, and a variety of people read and use this account on behalf of the company.

Facebook Helminthic Therapy Page: <https://www.facebook.com/autoimmunetherapies>

Jasper Lawrence's Blog

<http://www.jasper-lawrence.com>

In particular the [helminthic therapy basics](#) page may provide useful information although I have not had a chance to post much in the past year.

End