Parasites, Amoebae, Cold, Flu?

Take your KAYABIM!

BY CYNTHIA WATSON, M.D.

One herb that has been a long-time favorite among Central America’s travelers (especially those infected by parasites or amoebae) is known by its Mayan name Kayabim. This common perennial, which is found as a pioneering plant in areas where forests have been cleared, can grow to twelve feet tall with long, spreading branches and three-pointed leaves on most species. The flowers are bright golden yellow, turn brown when dry and scatter easily in the wind. The bitter flowers, stems and leaves are most potent medicinally.

Also known as golden bitters, alligator’s foot, tres puntas in Spanish, Neurolaena lobata in Latin and more commonly as jackass bitters, Kayabim is one of those herbs whose clinical results have far outdistanced its experimental science. This is surprising, since it is an important traditional healing favorite among the native people of Belize and other Central American regions. Indeed, about all we do know is that the leaves are known to contain sesquiterpenes and flavonoids, and that at different dosages it has demonstrated blood sugar balancing effects which may make it an important natural medicine of the future for diabetics.

Nonetheless, I think it is important to start educating Americans, who are traveling abroad more and more, about this herb, precisely because of the very interesting and convincing anecdotal evidence which we do have regarding its use to treat and prevent parasitic ailments such as intestinal parasites, amoebae, malaria, fungus and ringworm.

Indeed, as author Dan Mowrey, Ph.D., notes, “There are many pharmaceutical preparations available for dealing with parasites, but the plant kingdom provides some agents that are safer to use, and just as effective.”

Traditional Healing Lessons from Don Elijio

That today we even know about Kayabim here in the United States is the result of the enduring and deep relationship naprapathic physician Rosita Arvigo developed with Don Elijio, one of the last traditional Mayan healers of Belize. Dr. Arvigo struck up a very close relationship with the elderly healer and essentially apprenticed herself to work for him to learn the ways of traditional Mayan healing.

HOW TO OBTAIN KAYABIM

To obtain the Kayabim herb against parasites and amoebae, call Rainforest Remedies™ and order Clearing Support, Strong Resistance and Cold Season. Their North American distributor is Lotus Brands. Contact them at Box 325, Twin Lakes, WI 53181 or call them at (800) 824-6396 or (262) 889-8561. email: rainforestrrem@lotuspress.com.

Last time we had a huge run on their Back Support Formula, so don’t be caught without your Kayabim formulas this time around.

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One day when she visited Don Elijio, she put her to work toasting a bushel of green leaves he had harvested that morning to treat a patient’s skin sores. “Once the leaves began to heat up, they emitted a stinging smoke that burned my eyes and made my throat itch and my nose run,” she wrote in *Sastun: My Apprenticeship with a Maya Healer* (HarperCollins, 1994).

Dr. Arvigo later put her knowledge of *Kayabim* to use while under contract with the U.S. National Cancer Institute to collect medicinal plants in Belize for research into possible anti-cancer and anti-AIDS compounds. Her field team of seven to nine persons took a teaspoon of *Kayabim* tincture everyday as a prevention against amoebae, parasites, and even malaria.

In nine years of field ethnobotany, they had only one incident of sickness due to amoebae and that person had not taken the daily dose on the day she fell ill. Even though all of them had eaten the same food at the same restaurant, she was the only one to get sick. They also noticed that those who forgot to take the remedy on any given day were assaulted by the ever-present jungle mosquitoes and those who took the bitters were not.

**Tell Me More...**

There are three Jackass Bitters-based formulas available today from Rainforest Remedies™ that I would recommend. (Be sure to recognize that, in keeping with official labeling requirements, *Kayabim* is listed on the labels of the Rainforest Remedies formulas by its common and Latin names, jackass bitters and *Neurolaena lobata* respectively.)

The original traveler’s formula that is so popular throughout Central America, *Clearing Support*, combines chicholoro vine with Billy Webb bark. It is generally used against parasites and amoebae; indications include colicky pain, diarrhea, nausea, indigestion, intestinal gas, constipation, weight loss, intestinal toxemia or other symptoms of parasitical infection such as skin sores, lethargy, fatigue and sluggishness, in addition to clinical findings of infection with parasites and amoebae. Traditionally, chicholoro vine (*Strychnos panamensis*) is boiled and consumed for constipation, cleansing the internal organs, and as an antidote to internal poisoning. While we have little scientific information on the bark of Billy Webb (*Sweetia panamenis*), we do know that this Central American medicinal plant is traditionally used for diabetes, uterine congestion, and for cleansing the internal organs. This is the formula that you definitely want to use when traveling.

**Strong Resistance** is the formula to use by anyone who has more than three colds per year or who is run down and seems to catch everything. This formula combines *Kayabim* with Billy Webb bark and John Charles leaf. The latter is a many branched shrub that grows to seven feet in the Central American rain forests. Two studies—one from the National Cancer Institute—show John Charles is toxic to cancer cells.

**Cold Season**, which you’ll want to keep in your emergency medicine cabinet, combines *Kayabim* with garlic and cayenne. As the name implies, it is a powerful remedy for cold and flu. Garlic, for example, has been shown experimentally in at least two studies to offer protection against the influenza virus. Cayenne, with its anti-infectious and blood purifying properties aids in both the treatment and prevention of the flu, as well as other infections.

**How to Use the Kayabim Formulas**

For traveling and for helping fight against infection by amoebae and parasites, take one dropper full of *Clearing Support* in a glass of room temperature water three times per day before meals. In cases of acute need where there is parasitical or amoebic infection, the same dosage should be taken four times daily for fourteen days. Stool should be restested when treatment is finished.

For cold or flu, at the first sign, take one dropper full of *Cold Season* in a half glass of room temperature water three times per day before meals. It may be taken hourly when needed to support the body during acute stages of the cold or flu.

For strengthening your overall immune function, take one dropper full of *Strong Resistance* in a half glass of room temperature water three times per day before meals.

**References**


