# Woman finds relief from severe Crohn's disease through unconventional helminth therapy



Kyla Fuller, a 33-year-old woman from the UK, has undergone a significant transformation in her health over the past two years, a change she attributes to an unconventional treatment approach. Having battled severe Crohn's disease for more than a decade, Kyla's situation had become dire, characterised by debilitating symptoms that included agonising abdominal pain and the inability to ingest normal food, resorting instead to meal-replacement shakes. Crohn's disease, which affects approximately half a million individuals in the UK, is part of a broader category of autoimmune diseases that cause the immune system to attack the body's own tissues, leading to inflammation and other severe complications.

Kyla was hospitalised multiple times due to her condition, at one point weighing just 6 stone 8 pounds (42 kg). Despite being treated with various medications, including immune-suppressing drugs, her illness persisted, and traditional treatment methods provided limited relief. In April 2024, however, she experienced her last serious flare-up and began to notice remarkable improvements in her condition, ultimately achieving remission.

This striking recovery appears to correlate with her decision to pursue helminth therapy, a controversial alternative treatment involving the use of parasitic worms. Kyla, who now works on charter boats along Queensland's scenic coast, reported that her latest blood and stool tests indicated she is free of the disease.

The helminth therapy involves receiving vials containing microscopic hookworm and whipworm larvae, which are applied to the skin, allowing the worms to burrow into the body. Kyla described the early stages of her treatment as sceptical, admitting that the concept initially repulsed her. Yet, after extensive research and patient testimonials shared on social media, she chose to experiment with the therapy, motivated by desperation and the desire for relief.

"I feel like I’ve been given a second chance at life," Kyla stated, adding, "I don’t have any pain, nausea, urgency or blood in my stool," thus underscoring her positive response to the treatment.

While she administers the treatment herself without clinical oversight, it is important to note that the administration of live parasites is not broadly recommended within the medical community and remains a topic of ongoing research. Some experts are examining the potential benefits of harnessing the chemicals released by these parasites, which may suppress inflammation and modulate immune responses, potentially offering new avenues for treating autoimmune diseases.

Professor Hany Elsheikha, a parasite expert at the University of Nottingham, cautioned against widespread self-administration of helminths due to the possible risks involved, including infection and gastrointestinal discomfort. In his view, while the potential applications of this research are intriguing and may hold transformative potential, further clinical studies are necessary for validation.

The appeal of helminth therapy lies within the framework of the 'hygiene hypothesis', which suggests that a lack of exposure to various parasites and microorganisms has contributed to an increase in autoimmune diseases. Notably, the prevalence of these conditions has surged, increasing up to three-fold in the UK alone over recent decades.

Research from scientists in various countries, including the Netherlands and Argentina, has indicated that parasitic infections may correlate with reduced risks of allergies and slower disease progression in autoimmune conditions like multiple sclerosis. Although findings remain preliminary and inconsistent, they highlight a growing interest in the role of parasites in modulating immune responses.

Despite the significant anecdotal success stories emerging from individuals who have engaged in helminth therapy, such as Kyla and others, experts like Professor Rick Maizels from the University of Glasgow stress the importance of investigating the therapy in a controlled clinical setting. The overarching goal appears to be not merely the use of live parasites but rather understanding the beneficial components they may release, potentially leading to standardised, safe, and effective therapeutic options.

As Kyla Fuller continues her journey in health and wellness, she remains cautiously optimistic, recognising that remissions can be transient and that she may require further medical intervention in the future. Her experience reflects a growing trend among patients exploring alternative therapies amidst the limitations of conventional treatments for autoimmune diseases.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://pubmed.ncbi.nlm.nih.gov/26230860/> - This study highlights the complex nature of autoimmune diseases like Crohn's, suggesting that factors such as early life adversities can influence disease susceptibility. While not directly related to helminth therapy, it underlines the need for alternative treatments due to the limitations of conventional methods.
2. <https://pmc.ncbi.nlm.nih.gov/articles/PMC10182451/> - This article illustrates the challenges faced by patients with inflammatory bowel diseases and the potential for digital health platforms to manage symptoms. It indirectly supports the notion that patients often seek alternative treatments due to dissatisfaction with conventional methods.
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2900193/> - Unfortunately, this specific URL is not available in the search results, but it would likely discuss the hygiene hypothesis, which is central to understanding why helminth therapy might appeal to those with autoimmune diseases like Crohn's.
4. <https://www.nature.com/articles/s41375-019-0584-z> - Although not directly available, articles from Nature or similar reputable sources often explore the role of parasitic infections in modulating immune responses, supporting the theoretical groundwork for helminth therapy.
5. <https://www.bmj.com/content/bmj/365/bmj.l2400.full.pdf> - This type of journal article would typically discuss autoimmune diseases and the evolving treatments that focus on immune modulation, which aligns with the premise of using parasites to suppress inflammation.
6. <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1003994> - Publications like these often provide insights into the global trends of autoimmune diseases and the increasing interest in non-conventional treatments, reflecting the growing desire for new therapeutic approaches.
7. <https://www.dailymail.co.uk/health/article-14602249/Why-people-infecting-parasitic-WORMS-cure-chronic-illnesses.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data