

Worming your way to  
better health by  
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Without quoting directly from the material, write at least three sentences including facts from the material with parenthetical citations. In the process of evolution, parasites and other worms have suppressed the immune mechanisms aimed against these parasites in humans (Seppa, 2011). The presence of certain parasites within the body that tone down the host immune system has caused a significant reduction in autoimmune diseases and also lowered their rate of relapse (Seppa, 2011). However, risks are associated when such parasites are acquired or bought without any regulation and if used improperly (Seppa, 2011). Write up one quote from the material, using a signal phrase, a quote and your own comment. Include an APA style parenthetical citation. “ Worms know more about the human immune system than we do.” Researchers are working to crack the mechanisms by which these organisms tone down the host immune system which would be useful in preventing diseases which are characterized by chronic inflammation (Seppa, 2011). Take a position and write a paragraph APA style based on the article. The article elaborates on the presence of worms such as parasitic worms or helminthes within the human body and how they affect the immune system of the humans. Though developments in the field of science have designed drugs that would disrupt the colonization of such parasite within the human body, recent research has revealed that the development of recurrence of certain auto-immune diseases was lowered by the presence of these organisms as they were able to control the chronic inflammation by suppressing the immune system of the host. The decreasing numbers of helminthes in the developed world due to hygiene practices has been touted to be the reason for the rise in autoimmune diseases in these regions. However controlled trials are required for providing worm therapy to <https://assignbuster.com/worming-your-way-to-better-health-by-science-news/>

those who lack them as introduction of such organisms can also give rise to problems. In response to this the molecular mechanisms by which these organisms tone down the host immune system is being studied. Several anti-inflammatory agents such as the immune T-cells and interleukins and their activation by parasites within the body are being studied. Hence these findings have favored the hygiene hypothesis that exposure to germs in the early ages is crucial for boosting the immune system and prevention of autoimmune diseases at a later stage (Seppa, 2011). Reference Seppa, N. (2011). Worming your way to better health. ScienceNews, 179 (3): 26. Retrieved 23 March, 2011, from [http://www.sciencenews.org/view/feature/id/68701/title/Worming\\_Your\\_Way\\_to\\_Better\\_Health](http://www.sciencenews.org/view/feature/id/68701/title/Worming_Your_Way_to_Better_Health)