

Mold/Fungal/Yeast

For anyone who has been chronically ill there often is a mold/fungal/yeast component which may have been overlooked and needs to be addressed.

The main causes of fungal infection are diet, medication and inhalation. Most fungal spores are either ingested from the food we eat or inhaled from the air we breathe. So in other words fungal infections can be caused by a diet of processed food, medications from the past or present, or by living/working in a moldy environment.

Candida/Yeast

In our gut we have essential flora (good bacteria) and opportunistic flora such as yeast. In a healthy gut the good bacteria keep the opportunists under control. Unfortunately, our modern lifestyle ultimately damages our gut and the bad guys start to take over. The best-known fungus is Candida which can wreak havoc on a person's health. The era of antibiotics has indeed caused the Candida epidemic. Broad spectrum antibiotics kill both good and bad microbes but have no effect on Candida. Therefore every course of antibiotics allows Candida to grow. It used to be that when antibiotics were prescribed so was Nystatin (an anti-fungal medication) but this practice stopped a long time ago. Long term use of other medications such as pain killers, steroids and the contraceptive pill (The Pill) also damage gut flora allowing Candida and other microbes to take over. (I now cringe when I think of the long term antibiotics 2 of my kids were were prescribed for acne). Candida flourishes on our western diet of sugar and processed carbohydrate. It is not surprising that people with Candida crave the very foods that feed the yeast. Changing your diet is the first step in getting Candida under control. Doug Kaufmann's website www.knowthecause.com is a great resource for anyone dealing with yeast/fungal issues and has details on the diet he recommends. The excerpt below is from his website.

The Fungus Link to Disease Philosophy from www.knowthecause.com
*Phase One and Two of The **Kaufmann Diet** were designed with an idea in mind: Fungi and yeasts can become **parasitic organisms** on and inside our body, causing health problems that can be difficult to diagnose. Often and unknowingly, we feed these parasites via our diet. Fungi crave sugar, and if you have a fungal infection, their cravings often become your cravings. Sugar does not simply come in the form of candy, soda and other obvious "junk foods"; the carbohydrates from grains, potatoes, corn and corn products, certain fruits, breads, pasta, alcohol and other staples of the standard American diet are just as effective at feeding a parasitic fungal organism.*

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*For many, the **Kaufmann Diet** begins as a test: Do your symptoms subside or cease after following the diet for 30 or 60 days? Does your brain fog clear? Does the chronic pain, fatigue or general malaise dissipate? Does the weight fall off? If so, you may have discovered that fungi and yeasts may be a root cause of the health problems you have been experiencing.*

Supplements

In addition to diet certain supplements can be used to address candida/yeast:

- Olive leaf extract
- Berberine
- Oregano Oil
- Grapefruit seed extract
- Aloe vera
- Garlic (Kyolic Aged Garlic Candida Cleanse & Digestion)
- Bio-Cleanse Plankton Silica Solution www.healingwithin.com
- Prescription Medications: Nystatin has the least side effects

Probiotics

Use probiotics to establish good gut flora. **Bravo Probiotic yogurt** would be my first choice and over time can be very effective against Candida. Other options are Prescript Assist or Bio-Kult Candeia both available on www.gapsdiet.com

- **Saccharomyces Boulardi** – This is a probiotic yeast – that can help fight the bad yeast. As recommended by Dr. McBride – start small and stay on it for 3-4 months and use with other probiotics. Use only as a course and not permanently.
- **Thrush** – candida in the mouth. Populate the mouth and throat with beneficial bacteria. Take 2 opened probiotics capsules such as Bio-Kult (probiotic from www.gapsdiet.com) capsules on the tongue after meals and also at bedtime.

Baking Soda

Baking soda is an effective remedy for reflux, indigestion and other internal candida problems. (dissolve ½ teaspoon in glass of water and drink on an empty stomach.

You can also do enemas with baking soda or garlic or Bravo yogurt for candida (see enema section) or add baking soda to your bath for skin issues.

Mold in Your Home

There are several ways to test for mold in your home. I first tested our home for mold by hiring someone to do an air sample. Not only was it expensive – it was inaccurate – saying there were

no mold spores in a bathroom which had extensive mold behind the shower wall. I think mold plates are the better option which you can order from:

Mold Test Kits

- www.immunolytics.com
- www.moldcheck.com
- www.molddog.com (dogs that smell mold)

Mold Remediation

Bio Balance offers an all-natural citrus solution for fogging your home for mold. www.biobalancenow.com Note: Dr. Lee Cowden, an expert in mold said do not use peroxide or vinegar to try to clean mold because that would create mycotoxins which would make it worse.

Air Filters

www.hitechairsolutions.com - recommended by Klinghardt Academy

The Air Reactor eliminates mold, mycotoxins, mildew, VOC's Bacteria & viruses – but is expensive

www.theaircleanerstore.com – Austin Air – also recommended by the Klinghardt Academy is a more affordable option

Testing Yourself for Mold

There are several ways to determine if mold is an issue for you. You can do Bio-meridian testing, have your blood checked under a Darkfield Microscope, or get a urine test that checks for mycotoxins use a lab such as Real Time Labs www.realtimelab.com

Diet – if you have mold or sinus issues you should eliminate sugar and starches for 8 weeks. You can follow the Doug Kaufmann diet or similarly Dr. Lee Cowden has his patient follow a ketogenic diet for 8 weeks and tells them that if that cheat for just one meal – they have to add an entire week. Ouch!!

Supplements

Zeolite: binds mold mycotoxins Zeobind www.biopureus.com

Chlorella, Activated charcoal and bentonite clay can help bind toxins in your body. Glutathione and vitamin C can help to speed up detox (see also detox section)

Ozone/UVI

If you are lucky enough to have access to IV Ozone or ultraviolet light therapy – they are an excellent way to be treated for mold.

Red Heat Lamp

This is an inexpensive therapy that works on fungal infections such as sinus infections which are “cold” infections All you need is a 250-watt, reddish heat lamp. Shining the infrared lamp on sinuses 5-10 minutes at a time – up to four times a day can offer relief. For more info look on www.drlwilson.com under article about single heat lamp therapy. <http://drlwilson.com/ARTICLES/SINGLE%20LAMP.HTM>

Resources:

www.survingmold.com

www.blog.bulletproof.com - check out Dave Asprey’s documentary MOLDY

Book: *Create A Toxin Free Body & Home* by W. Lee Cowden