

Health and Wellness:
A Beginner's Guide to the Fungus Among Us!

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In an effort to share meaningful but lesser-known health information, this month's article focuses on fungus that may be contained in some foods which we eat on a daily basis as a major contributing factor to numerous illnesses. Fungi, the plural of fungus, are considered by some to be the pathogen most overlooked by modern medicine which can cause our bodies to be sick. Most people acknowledge the obvious health problems caused by fungus such as nail fungus or yeast infections. One leading researcher, Doug Kaufmann, contends the list is much larger. He asserts that if you keep this pathogen and its byproducts away from your body, there is a good chance you'll save yourself from experiencing a host of health concerns. For those who are interested, Doug Kaufmann hosts "Know the Cause," a television show which does not necessarily air at the best time for everyone, but can be recorded and viewed at a later point or viewed through a Web Cast.

Fungus Causes Inflammation:

While acute inflammation is our body's natural response to soreness, minor bacterial or viral infection to protect us, if inflammation turns chronic, unbeknownst to us, our body will usually fight and fight but could end up losing the battle by succumbing to an ailment. It is uncommon for most health-practitioners to know that grains are commonly contaminated with mycotoxins (in laypeople's terminology – fungus poop). Therefore, suspect foods are only a small part of the trouble. Rather, it's the body's response to fungal infection and the mycotoxins that cause so many problems. With so few doctors understanding about the importance of nutrition, those who believe fungi may be responsible for and/or associated with most if not all chronic diseases might very well be onto something. Although no one knows with certainty, in the past few years several studies suggest that chronic inflammation lies at the root of many illnesses including Alzheimer's, arthritis, asthma, cancer, heart disease, Multiple Sclerosis, osteoporosis, Parkinson's, autoimmune illnesses like Celiac, diabetes, inflammatory bowel disease, rheumatoid arthritis, psoriasis, and many other immune disorders. Read on to learn how to avoid pill after pill for one or more illnesses which could very easily be prevented now and in the future.

How Does Fungi Get Into Our Food?

When fungi are on a fruit or vegetable, very simply we would cut around it or throw the entire produce away. However, it can unknowingly enter our bodies through the fungi-laden grains we eat. Because fungi feed on sugar and grains (which break down to sugar in your body), by reducing or eliminating these foods from our diet, we are keeping fungi under control. Thus, the Corn Pops or Frosted Flakes we ate for breakfast ends up being the perfect host for fungi. Those grains include not only corn but also wheat as well. Most of the grains we consume sit in huge vats until needed and processed. The accompanying fungi sitting in those vats go completely unnoticed and wind up being processed into bread, cracker, pasta, pie crust or some other carbohydrate. Unfortunately, many of our popular grains are full of fungi.

As disgusting as this might be, fungi can infest or live on or with humans as a parasite. Remembering your biology class, a parasite is an organism which lives on or in an organism of another species, known as the host, from the body of which it obtains nourishment. Some parasites form symbiotic relationships with other species wherein both species live comfortably with the other. As if that were not scary enough, even though the human body is large in size, in human-fungal symbiotic relationships, according to researchers, fungi are always the dominant partners. Soon, a person infected with fungi begins craving foods that satisfy the fungi more than the person. Fungi must have sugar in order to thrive. Grains become a double-edged sword supply because not only are they supplying sugar but fungi as well.

How does one best utilize this (potentially new) information? If you are leaning too heavily on pastas or other corn or wheat products, deliberate changes you make now could very easily save you or perhaps a family member much aggravation later. Just keep in mind that you'll need to look at the ingredient list to determine exactly what you will be consuming (e.g., tacos contain ground corn and pizza dough typically contains some form of wheat). Here's a start on what to avoid and what's safe. More articles will be forthcoming on this topic. Your feedback is welcome.

To Win This Fungus Fight Which Is Occurring In Your Body,
Here Is a List Of Foods That Are Okay To Eat:

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| ● Chicken, fish and grass fed beef; | ● Quinoa (a starchy seed pronounced kēn- wä); |
| ● Gluten-free and corn-free products; | ● Vegetables, but no corn, potatoes or mushrooms; |
| ● Carrot juices with other veggies, | ● Herbal teas and water; |
| ● Green apples, berries; | ● Grapefruit, lemon, lime, avocados; |
| ● Eggs, plain yogurt, real butter; and | ● Nuts, except pistachios and peanuts. |

Foods and Ingredients to Avoid Because They Have the Worst Fungal Load:

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| ● Corn and wheat products; | ● Sugar; |
| ● Processed foods; and | ● High fructose corn syrup (or its many pseudonyms). |

Here are some of the links used to write this article (copy and paste info if link does not work):

- 1) <http://candidaclub.com/shawns-page/is-fungus-making-us-sick-tired-old-and-fat/>
- 2) <http://knowthecause.com/FindInformation/tabid/82/articleType/ArticleView/articleId/305/What-is-the-Phase-One-diet.aspx>
- 3) http://www.healthe-livingnews.com/articles/fungal_etiology_of_inflammatory_bowel_disease.html

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