

Back to Eden

The fungal-disease link
Anti-fungal diet
Killing the fungus
Recipe
Health program

PO BOX 850 LAVINGTON 2641

KAYE SEHM 02 6025 5018

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e mail: backtoeden@aapt.net.au

This newsletter includes more information on how a fungal infection can affect us individually. On speaking with a friend who had classic symptoms of a fungal infection eg excessive tiredness and fatigue, I urged her to consider how her body was reacting to fruits. She was not eating any sugar in her diet, but she loved her fruit and was still eating lots of pieces each day. She decided to find out how it affected her. So one day she decided to experiment by simply eating lots of fruit. The result is she became very fatigued and tired and now she realises that by eating fruits along with refined carbohydrates, these will make her very fatigued. This also can be a problem among vegetarians who use lots of grains in their diet. Many, by having a grain breakfast accompanied with a few pieces of fruit can feel fatigued as well as having a mind that can't think straight. They are unable to concentrate and wonder if they will ever be able to regain their memory. This seems to contradict the fact that becoming a vegetarian is supposed to make the brain sharper. The problem is a result of a fungal infection. Yes fruit and grains are good for you, and once the fungal infection is under control, you will once again be able to eat fruit.

We recently had a most successful sourdough bread class. 45 attended our class and others were unable to make it. All tasted the delicious bread and were amazed at how easy it is to make a loaf. We tasted the different grains, foccacia, rolls, pumpkin, tomato, herb, garlic and the delicious fruit loaves. The machine bread is very light and not the typical heavy sourdough loaf. I will soon run another class (see information on last page of newsletter). I will also offer to take this class to any group that would like to learn how to make their own bread. If you are unable to come to Albury and would like one in your area, please contact Kaye and find out the details. This means that you would have to arrange the venue and would need a minimum number of attendees.

From Kaye and the Back to Eden team

The Fungal-disease link...

The Spring 2004 issue of this newsletter featured an article on fungus and how it affects our health. I had some interesting comments on this article, but in speaking to some readers who are very health conscious, it appears to me that many folk are still not connecting their specific disease and symptoms to a fungal infection. Even though some scientific literature are linking many of the diseases today directly to fungus, most do not realise that this was a problem even back in the time of Moses. God gave the Children of Israel explicit instructions when they came into contact with anything with mould or mildew (called leprosy in the Bible).

“As far as twentieth century fungal experts, consider Dr Lida Mattman, a professor emeritus at Wayne State University. In her excellent book *Stealth Pathogens*, Dr Mattman asks, “Are fungi in blood smears overlooked because they are confused with blood cells?” She answers with a resounding, “Yes!” From that one statement alone, just imagine how any blood conditions are misdiagnosed because machines and laboratory technologists just can't differentiate between spores and cells.”
The Fungus Link by Doug A Kaufmann p29

Another statement on the same page by Dr M G Rinaldi says “Given the right immunocompromised host, virtually any fungus can kill a human being.”

Most doctors today agree that fungus will infect immunocompromised (lowered immunity) patients. But do immune systems break down before or after fungal exposure? What about the

pollutants, the pesticides, the medicines that abound in our world; do these suppress our immune systems? What about antibiotics? Since antibiotics are mycotoxins (fungal poisons), does this mean that anyone who has taken antibiotics in the past now has a compromised immune system?

This article does not replace diagnosis, prognosis or any treatment that your health practitioner can provide, but it is to remind you that chronic illness has primary fungal link to diseases. We shall consider some of these diseases and then you need to consider how a diet change may improve your health.

Arthritis

There are two ways fungi can affect arthritis. By infecting the joint directly via the blood stream, or by affecting the joint through the fungal poisons (mycotoxins) that are given off. Dr A V Constantini M.D., retired head of the World Health Organisation refers to the uric acid which forms crystals in the joint which is known as gout. He believes that the uric acid in the blood stream is more likely to be of a fungal origin and is a result of fungus entering the body from outside. His work also found that mycotoxins caused rheumatoid arthritis.

Digestion

Often the intestinal tract are the first tissues damaged by activated yeasts and fungi. Moulds and mycotoxins occur in our food supply, (often being activated by antibiotics) and can make our lives miserable with symptoms of bloating, burping, intestinal gas, diarrhea, indigestion and reflux. Once the fungi escape the intestines, via a “leaky gut” they cause a problem characterized by

the inability of the intestines to prevent the “leakage” of large particles (antigens) through the intestinal wall into general blood circulation.

Crohn’s Disease and Irritable Bowel Syndrome, are both serious intestinal disorders where sections of the intestinal tract become inflamed, thickened and ulcerated. Testimonials of people helped reveal that they found significant relief when they addressed the underlying fungal condition. Studies in the medical journal *The Lancet* (1996, 348:315-317) show that 75% of children of mothers that had measles in their pregnancy developed severe Crohn’s disease in later life. In every case, recurrent antibiotic-resistant pneumonia preceded the Crohn’s symptoms (antibiotics are known to increase the risk of fungal infection). Other scientists have found that carbohydrates can be a possible culprit. Two out of three worldwide studies found that those with higher intakes of carbohydrates developed more IBD than in those who did not have the high carbohydrate intake.

Dr A V Constantini found that people with Crohn’s often have aflatoxin, a fungal toxin in their blood. Patients showed incredible improvement when they followed a yeast free, low carbohydrate diet and avoided baker’s and brewer’s yeasts.

Asthma

As in the case with many diseases, asthma can be related to certain food that produce mucus, but we need to look also at the implications of a fungal link. A fungus called *Candida albicans* can get out of control in the intestines through the intake of foods that are high in sugar. From there the fungus invades the blood stream and is able to gain access to the lungs. Once it is there, chemicals inhaled or environmental dust breathed in can irritate the bronchial linings in the lungs and can trigger wheezing and bronchial spasms. These environmental dust particles can contain mould or fungal mycotoxins. Often the patient has both asthma and allergies, and the allergies can trigger the asthma or can cause the sniffles or congestion.

It is known that fungus can cause an allergic reaction to a simple exposure to the lungs, but it can also colonise the lungs and produce an inflammatory reaction to the infection. If fungal

infections can contribute to asthma, why not treat asthma as if it has a fungal cause?

Another cause of asthma is reflux, which is the reflux of the acid from stomach going up the oesophagus and going back down the lungs, causing irritation of the linings of the bronchioles. Because everyone aspirates a small amount of oral secretions or stomach fluids at night when sleeping, could it not be the fungal spores that are contained in the acid that are causing the asthma?

Mental health

Today very little is known of our brain and our nervous system. We know that fungus can invade any tissue of the body and it can enter the blood stream. In 1996 a medical textbook entitled *Principles and Practice of Clinical Mycology* devoted an entire chapter on fungal meningitis. Meningitis is nearly always associated with behavioural changes. What causes the meninges to swell? – fungus. This book implicates fungi in brain swelling – remember that cerebral swelling can cause headaches. It is noted that some of the people who eradicate the fungi from their bodies also find that their brain symptoms clear up. If people with phobias, fears and depression may be helped by going on an anti-fungal diet, would it not be worth it?

A person who has *Candida* in the stomach may eat carbohydrates, they will ferment in the presence of microorganisms and they yield alcohol. In a study where 69% of patients consumed 50 grams of glucose (about the amount of sugar in a soft drink), they were measured to have ethanol (alcohol) in their blood stream only one hour after ingesting the 50 grams of sugar. If 69% of people are fermenting in their intestines every time they eat potatoes and grains, they are getting alcohol as a by-product in their blood streams. **This also is the root problem of chronic fatigue.** The body produces alcohol from the sugars and carbohydrates in the diet. This is why it is most important to change the diet in all those who suffer with chronic fatigue and/or depression as well as “foggy memory” or inability to concentrate.

If you or someone you know suffers from depression, schizophrenia, obsessive-compulsion, bi-polar; it would be of benefit to ask a few questions? Has the person been exposed to mould in their

home or work, have they taken antibiotics, have they been on cortisone or the birth control pill, do they crave sweets, pasta, bread, potatoes and sugar?

Skin disorders

Many associate dermatological problems with food allergies, but rarely are they associated with fungus. In 1996, (*Principles and Practice of Clinical Mycology*, Kibbler, C C Wiley and Sons Ltd. 1996) showed that an organism, a fungus called *Triptophyton schoenleinii*, causes skin infections in humans. Skin infections such as ringworm, jock itch, toenail fungus, athlete’s foot, rashes, nappy rash, psoriasis, acne, hives and eczema all have a fungal connection. They are usually caused by a diet high in refined carbohydrates and yeast foods and/or exposure to certain drugs.

Heart health

There can be no doubt that a sedentary lifestyle causes heart disease. Our bodies are meant to move. Also smoking and diet play a very important role as contributors to heart disease. Let us consider cholesterol as a contributor to heart disease. Years ago doctors recognised that people with heart problems had elevated serum cholesterol levels. Yet Professor A V Constantini (retired head of the World Health Organization Collaborating Center for Mycotoxins in Foods) took 18 years of his life and at his own expense (without the funding of pharmaceutical companies), researched every article on fungi, mycotoxins and their relation to Coronary Artery Disease (CAD). He states, “There is a known cause of atherosclerosis and that cause is fungi and their mycotoxins.” He also shows the food relation to the cause of CAD, but it is only food that is contaminated with fungi and/or the mycotoxins they produce. The evidence is overwhelming. Constantini explained how fungal toxins in the blood stream caused elevated blood cholesterol. Cholesterol binds the fungal toxins rendering them less harmful. So if you rid your body of the fungus your body will not produce excess cholesterol.

This is why those who keep fit and are active do not have the same concern as those who are inactive or sick. Remember, the high fat and high carbohydrate diets that are so common today are the most harmful to your body.

Allergies

Allergy can be defined as having an adverse reaction to an otherwise harmless agent. It may be food, animal hair, pollen, dust and moulds. Often those with allergies state that certain weather conditions exaggerate their symptoms. When it is humid, raining and windy, these are perfect conditions for distributing mould spores. Once the mucous membranes become inflamed in allergic response to yeast products, infection begins to happen, from the nose to the lungs. These infections are caused by the chronic congestion in the sinuses and lungs. If antibiotics are prescribed, a vicious cycle begins. In 1999, the Mayo Clinic maintained that "almost all cases" of sinusitis, may be caused by a fungus. The clinic does not acknowledge that if a fungus causes most cases of chronic sinusitis, then antibiotics have fuelled this problem.

Women's yeast-related problems

Not all women's health problems are generated by yeast or fungus, but we need to look at the many ways that yeast can affect women. Many are aware of "yeast infections" that are known as Candida Albicans.

Fungal spores can gain access to women through a number of different ways; through the blood stream, through sexual transmission, via inhalation, and the use of antibiotics and prescriptive hormones including steroids, such as cortisone, prednisone and the birth control pill. It is also believed that men who drink alcohol maintain a skin fungal condition that can be transmitted during sexual intercourse. When on the male skin, these fungi remain dormant, but when combined within the women's reproductive tract, the heat activates and multiplies the fungi. These then cause problems such as endometriosis, vaginal yeast, painful intercourse, infertility, miscarriage, menstrual problems, false pap smear, lumps, cysts and bladder infections. Once the fungus has been activated in the female, the male is vulnerable to infection, not on the skin but within the urethra and the male reproductive tract. The urethra of the male passes directly through the prostate. Fungal prostatitis has been reported in numerous scientific journals.

If we consider that only just the candida species of moulds give off over 100 powerful toxins, we need to be concerned. Some of these toxins may attack nervous tissue, some muscle, others attack connective tissue such as bone and joint tissue. So we can see that symptoms may vary widely and the toxins may affect any organ, but usually they work in the area where our defence is compromised. Remember that these yeasts are not the problem. They are just doing their job in cleaning up waste within our body. **Where the problem really lies is when the system gets out of balance in our bodies through stress, antibiotics exposure, high-sugar diet, injury, chemical exposure etc.** Then these toxins become our enemy rather than our friend.

Pain and fungi

Chronic pain can be a most debilitating health problem. If we were to discover what made any pain worse, then we would have an idea how to avoid it happening in the first place. It has been found that consuming too much sugar will increase pain. Now in some cases this does not merely mean just all cane sugar products, but it can also mean natural sugars such as fruits and certain carbohydrates. Now there are many causes to pain, but do not forget that sugars feed parasitic fungus. The fungus will impact on the brain and nervous system. If you experience chronic pain (eg. back pain, arthritis etc), try cutting out on sugars and excess carbohydrates and note the improvement.

Fibromyalgia and Chronic fatigue

While these two disorders are separate, they share many symptoms. The most obvious one is that the patient feels terrible. While there may be no clinical trials done to prove that there is a fungal connection to FM or CFS, it has been proved time and time again that patients who initiate the anti-fungal diet have a complete and long term recovery. Experiment with your own body, if you experience these symptoms, try eating lots of fruit and notice how your symptoms will intensify, but when you eliminate the fruits, sugars and excess carbohydrates, your symptoms will lessen and if you stay on the program, you will be on the road to complete recovery.

Endocrine problems

As pathogenic fungi invade the rest of the body via the blood stream, it easily can impregnate our hormone producing glands. Imagine this scenario; a splinter or prick from a thorn can lead to a fungal infection called sporotrichosis. This condition mimics rheumatoid arthritis, so most doctors prescribe arthritis drugs.

Diabetes is another endocrine malfunction that may be linked to fungi. Diabetes did exist before antibiotics were introduced in 1949, but the severity and frequency of people who are diagnosed as diabetics is escalating rapidly. A mycotoxin, aflatoxin B1 has been implicated in liver cancer in humans. This mycotoxin generates the same symptoms as diabetes eg high blood sugar.

When the thyroid is underactive, the adrenals get exhausted and the pancreas loses its power to regulate hormones. Could the root of this problem also be fungal?

Yeasts and fungi are different from the good bacteria that inhabit our digestive tract. They are masters at converting our hormones. As many as 350 different hormone conversions have been attributed to them. For example; Aspergillus, Fusarium and Penicillin moulds can convert progesterone to desoxycorticosterone. Our bodies do not want these converted hormones, they want the original.

Infertility

Other moulds produce mycotoxins that actually mimic vital hormones. One mycotoxin, zearalenone, causes our body to react in a similar way as it reacts to estrogen. Estrogen imbalances can have a tremendous impact on infertility. Zearalenone has been found in corn products, as well as the meat of the livestock that eats contaminated corn products.

Cerebral health

Fungi can enter the brain and cause disease that may elude even the most astute physician. Fungi can enter the cerebral tissues of both healthy patients and those with weakened immune systems. C C Kibbler says the most common cause of fungal meningitis,

defined as infection of the lining of the brain and spinal cord, is *Cryptococcus*. *Candida albicans* causes brain abscesses. There are 200 fungi known to be harmful to humans and cause diseases such as depression, multiple sclerosis, hyperactivity, Parkinson's disease and seizures. Even functions such as poor concentration and forgetting have been linked to fungal infections.

Sinuses

When the sinus cavities get infected they become swollen. This places pressure on the nerves adjacent to the nasal area. The germ that causes this infection needs to be eradicated. Antibiotics are routinely used to fight sinus infections, but in reality these compound the problem. In 1999, the prestigious Mayo Clinic announced that researchers had discovered the real cause of sinusitis. Approximately 95% of patients studied suffered from a fungal infection, not a bacterial one. It is possible that chronic maladies could be due, in part or in total, to erroneous antibiotic prescriptions.

Ear problems

Most ear infections are not caused by fungi, but exceptions do exist. For example, itching, discharge and pain in the outer ear are sometimes caused by fungi. Meniere's disease, a disease characterised by vertigo (dizziness), nausea, vomiting, tinnitus (ringing in the ears) and gradual deafness has improved by treating it as fungal disease. So if you have a problem with itching inside your ear canal, it could be a fungal problem.

Eye disease

Many diseases take years to develop and such is the case of eye problems. Many blame genes, but it really is our lifestyle that contributes to the damage which leads to illness. If you suffer chronic vision problems, you would do well to investigate whether your ailments are caused by yeast. Remember, yeasts are a subset of fungi.

When fungus invades the eyes, inflammation can lead to itching, light sensitivity and watering of the eyes, and various degrees of vision loss. One patient, on going on the antifungal diet had his pterygiums (cell growths that start in the inner corner of the eye and grow outward) gradually disappear.

Men's health issues

Men's genitourinary (GU) tract infections are thought to be quite rare, but could they too be more common than we have been led to believe. It has been found that fungus affects the prostate, the testes, bladder, kidneys and skin of the male GU tract. These infections usually enter the body via inhaling mould spores and spreading via the bloodstream, affecting other organs. Some of the invading spores affect the prostate or epididymis (adjacent to the testicles), causing it to become inflamed. Such conditions are called prostatitis or epididymitis. The usual treatment for GU tract problems is an antibiotic, but this could very likely increase the fungal infection. Zinc supplements have been found to decrease the risk of prostate problems. Dr A V Constantini writes in a study in 1968 that zinc is both antifungal and anti-mycotoxin.

Wake Forest University cancer researcher Dr Gary G Schwartz believes that early exposure to a mycotoxin called ochratoxin may contribute to the development of testicular cancer in young males. He goes on to say that ochratoxin sometimes damages DNA in the testicles of young boys which then somehow develops into cancer when the boys in question undergo hormonal changes at puberty. Dr Schwartz also tells us that babies' exposure to mycotoxins in the womb can be minimized by the expectant mother changing her diet. Pregnant women can further neutralise the toxicity of these chemicals by taking antifungals.

Cancer

Thousands of research papers have reported that cancer patients who undergo treatments such as chemotherapy, have subsequently tested positive to fungal infections. But could some of these patients have had their fungal infections before they began chemotherapy? Could it be possible that the microbes got out of control when the chemotherapy damaged their immune systems?

70 years ago, Dr Otto Warburg was awarded the Nobel Prize in science for his discovery that cancer cells rapidly proliferated in the presence of fermented sugar. Ironically, so do fungi.

Excerpts from *Clinical Mycology* (Kibbler CC Ed) and Report No 116 from the Council for Agricultural Science and Technology (CAST), as well as Dr Constantini's *Fungalbionics* series will no doubt astound doctors with their insights into not only how fungi can be confused with cancer, but also as to how cancer itself is actually caused by fungal mycotoxins.

The aflatoxin mycotoxins are believed to cause cancer of the liver, intestines, bladder, kidneys, adrenals, uterus, ovaries, brain, and other organs as well as leukemia. There is information available on the many mycotoxins that cause different forms of cancer. For more information see the book listed at the end of this article. Caution must be taken to avoid foods that are contaminated with mould or their toxins, and it is imperative that refined carbohydrates and sugar is not eaten.

Autoimmune diseases

There are many autoimmune diseases. These diseases are caused by inflammation and destroy the body's own tissues by antibodies. In other words, the cells start fighting each other. The theory that disease just "happens" seems to be accepted by science. Others blame their genes that come from their parents. This may be easier for some to accept because it is easier to blame our parents than our antibiotics, our mould-infested homes and mycotoxin contaminated food which are governed by our lifestyle. Geneticists have proposed for decades that for every disease there exists a corresponding genetic flaw. Yes, this is true, but we must ask what causes genetic flaws? It seems incredible that for over 30 years scientists called mycotoxicologists have studied the **ability of these fungal toxins to alter DNA**. Why is the general public so uninformed on this topic?

It is not the purpose of this article to go any further into autoimmune diseases, but **we know that inflammation causes a major role in this disease. Inflammation is swelling. We know that yeast also makes bread swell. Connect these together and it is not hard to argue that yeast could be also involved in all cases of inflammation**. For more information on diseases such as Behcet's syndrome, Encephalomyelitis, Diabetes, Multiple Sclerosis, IgA Nephropathy, Hemolytic Anemia, Thrombocytopenic Purpura, Inflammatory Bowel Disease, Rheumatoid Arthritis, Scleroderma, Leukocytoclastic

Vasculitis, Psoriasis, Sarcoidosis, Reyes Syndrome, Reynaud's Syndrome and Lupus; see the book listed at the end of this article if you want more information.

Obesity

It is apparent that we are in the midst of an epidemic of obesity. Many adults and children suffer from this problem. While there are cases of people who eat too much and do not exercise, there are also those who, trying hard as they can, are unable to lose weight.

We need to consider a fact that when farmers fatten their stock for the market, they fatten them by feeding them a combination of antibiotics and grains. This could well be a part of the obesity problem. Almost all the meat consumed has antibiotic residues, and the grain is a perfect breeding ground for fungi and their mycotoxins. While we can't avoid carbohydrates in our diets, we must make sure we get enough antifungals in our diet, exercise and follow the laws of health.

It is abnormal for fungi to live within the human body. They actually survive by ingesting dead or decaying material. They become parasitic within the body. Their main foods are sugars and refined carbohydrates. Some people may eat very little, yet are extremely bloated and gaseous and are overweight. They crave potatoes, pasta, soft drinks, bread and sugar. These are the very foods that fungi must have in order to survive. When people can't control their cravings, they need to consider the fungal link to their problems. Remember, anything capable of making bread rise by adding heat and moisture is capable of making any tissue swell by adding heat and moisture.

Other problems

While obesity abounds, another problem has surfaced – anorexia. Just as different bacteria infect different tissues, different mycotoxins cause different illnesses. While some grains may be contaminated with mycotoxins that cause weight gain, other grains may be contaminated with mycotoxins that do the opposite. In livestock, the trichothecene group of mycotoxins cause refusal to eat, followed by weight loss. Vomiting and diarrhea can follow, exacerbating the problem. Could fungi be a contributing factor in cases of anorexia?

Hair loss can be stressful for a man as he

goes bald, but is even more so in women who suffer from hair loss. In fact many men and women are coming down with a condition called alopecia areata. Numerous reasons for hair loss exist – eg low thyroid function, poor digestion, diabetes etc., but maybe fungus is a factor. Certain chemicals and biological organisms can cause a condition called dermatophytosis. This is an infection of the skin, hair follicles or nails. It is commonly known as “ringworm” of the scalp. But there are two groups of fungi that can also cause this condition.

Fungi has the ability to alter our bodies' Ph, restructures our DNA and increases the calcium in our bloodstream. Acidic blood affects the way we feel. Altered DNA can lead to disease and an increase in calcium in the bloodstream can mean too little calcium elsewhere which may lead to osteoporosis.

What you do with the above information is up to you. If your condition has failed to improve with an antibiotic, you should consider making some life-style changes. These would include strengthening your immune system, exercise regularly and reduce stress as well as starting the anti fungal program.

To help the many people who are wondering what foods they can eat and what they must avoid, an entire antifungal plan is given on the next page. Join the people who are really enjoying better health.

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www.knowthecause.com

The following information is by courtesy of **Barbara O'Neill**, Health Director of Misty Mountain Health Retreat. Barbara has helped many people overcome debilitating health problems, and has a special interest in the problems created by fungal infections. If you would like to spend time relaxing at Misty Mountain Health Retreat, where Barbara individually outlines programs for all guests, and teaches how to implement basic health principles, phone 02 6567 8118 or www.mmh.com.au

Conquering Candida and other fungus/yeast related problems

by **Barbara O'Neill**

Starve the fungus

The favourite food of fungus is sugar and yeast. In order to starve the fungus, these must be completely eliminated from the diet.

- All sugars must be removed from the diet, all sweeteners, fruits and fruit juices
- Granny Smith apples and grapefruit are the only fruit that can be included as these have a lower sugar content and contain antifungal properties. The grapefruit seed contains phytochemicals that are potent fungus killers (so chew some of the seeds as well).
- All yeast must be removed from the diet. Yeasted bread (this does not include sourdough bread, which contains Lacto Bacillus bacteria), all alcoholic beverages, yeast spreads (Marmite, Vegemite and Promite) and Soy Sauce.
- All cooked food over two days old. Any food that has a trace of mould on it must be discarded. All cooked rice is particularly susceptible to fungal growth and must be eaten freshly cooked.
- Corn grain and wheat grain are extremely vulnerable to fungal growth when they are stored. These grains are best eliminated whilst overcoming a fungal problem in the body.
- Peanuts are notorious for fungal infestation and must be eliminated.
- Meat; animals are commonly fed mouldy grains and this fungus is in the meat. Aged cheeses and most dairy products commonly show fungal infestation when tested.
- Check that there are no damp and dark areas in your house where mould can flourish. Mulch situated close to the house can also be a source of mould. Make sure bedroom has no dust or fluff - keep very clean.

The Anti-Fungal Diet

by **Barbara O'Neill**
Health Director of Misty Mountain

The following diet is recommended for those who want to rid their body of fungus. It is recommended to stay on the stage 1 diet for at least one month, longer if your fungal infection is more severe. After this, you may add only the extra foods outlined in stage 2. Stay on this diet, follow the directions on how to starve the fungus, and include the herbs and foods listed on the following page to help eliminate this nasty infection. Sadly, for some this may be a very slow process and depending on severity of your symptoms, you may need to stay on this diet for 6-12 months. Some people maintain their health by going on this diet for about 2 months each year (during the winter is easiest).

	FOODS INCLUDED stage 1	FOODS EXCLUDED stage 1	EXTRA FOODS INCLUDED stage 2
SUGAR		All sugars, honey, maple syrup, artificial and herbal sweeteners	Maple syrup and stevia
FRUIT	Granny smith apples, grapefruit, lemon, avocado, tomatoes	all other fruit, including their juices	berries
VEGETABLES	Fresh unblemished vegetables and their juices		
BEVERAGES	Herb teas, water and soymilk without added sugar	tea, coffee, fruit juice, cola and soft drinks	
GRAINS	freshly cooked brown rice, spelt, barley, sourdough bread, oats, quinoa, amaranth, millet, buckwheat, rye, a small amount of non wheat or corn pasta	wheat and corn	wheat
LEGUMES	all legumes including soy and soy products	peanuts	
YEAST PRODUCTS	none	yeasted bread, mushrooms, alcohol, marmite, vegemite, promite	
VINEGAR	black olives in brine	pickles, salad dressings, soy sauce, green olives	
OILS	Extra Virgin olive oil, flax oil, and coconut oil	margarine, corn and peanut oil	
NUTS	raw nuts, including coconut	peanuts and pistachios	
SEEDS	all seeds, eg pumpkin, sesame and sunflower		
CULTURED FOODS	tofu, soy yoghurt, Miso, sauerkraut and tempeh	all aged cheeses	

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A GREAT PRICE for this superfood. Great for a diverse range of conditions. Especially good HRT alternative, menopause, PMS, Anemia, Thyroid deficiency, osteoporosis, fertility and increased energy. Organically grown.

Blood Cleansing Herbal Tea 200g.....\$12

Contains Buckthorn, Licorice Root, Burdock, Chaparral, Red Clover, Cascara Sagrada, Dandelion, Cat's Claw.

Use it long term to help cleanse bowel, liver and blood.

Barley Leaf Powder 200g.....\$12

Loose powder, organic 450g.....\$27

A powerful way to get needed nutrients including beta-carotene, anti-oxidants, proteins, carbohydrates, vitamins, minerals, enzymes and chlorophyll.

Comfrey Root Powder 200g.....\$10

Powdered ready to use as a poultice. Use on bruises, swellings sprains, fractures, chest complaints plus many more uses.

Activated Charcoal Powder 200g.....\$10

Adsorbs and binds toxins from the stomach when taken internally, and when used as a poultice externally draws the poisons out through the skin. This is a must to have on hand for sickness and emergencies

Order by phoning Kaye on 02 6025 5018. Prices do not include postage

Kill the Fungus

by Barbara O'Neill

The following herbs and foods contain strong antifungal properties which give a deadly blow to fungal populations.

Garlic has powerful antifungal properties. When taking garlic to treat Candida, you may experience an adverse, albeit healthy, reaction. This is what is generally referred to as the 'Herxheimer' or 'Die-off' effect. While living in the body, most of the offending microbes somehow manage to evade the body's immune system. However, when exposed to powerful eradicators, large numbers of pathological microbes will die. Soon after, their cell-wall proteins (which are essentially toxins) are absorbed through the weakened mucous membrane. The body then brings its natural processes to get rid of these toxins; however, if toxins exist in numbers too large for the eliminative system to handle, you may experience exhaustion and flu-like symptoms. The severity will depend on the extent of your condition, the state of your immune and eliminatory systems, and how much garlic you have consumed. Reduce your dose of garlic to a manageable amount. Garlic in both raw or supplement form is effective.

- *Olive Leaf Extract, rich in Oleuropein, very antifungal
- *South American herb Pau D'Arco
- *New Zealand herb Horopito in the form of Kolorex Capsules
- *Coconut in all forms, rich in Caprylic Acid, highly antifungal. Also contains Lauric and Capric Acid; both Lauric and Capric Acid are anti-microbial
- *Grape fruit seed extract, a potent antifungal food
- *All legumes, particularly soy, contain antifungal properties
- *All raw nuts and seeds contain antifungal properties (except peanuts and pistachio nuts, which are particularly susceptible to fungal growth)
- *Culinary herbs Thyme and Turmeric are particularly high in antifungal properties.

Restore the Balance

Candida Albicans is a yeast that normally exists in the intestines of humans and children. Lacto Bacillus, often called the 'Friendly Bacteria', is one type of

Recipe

EGGPLANT CASSEROLE

- 3 large eggplants
- 1 large onion
- 2 cloves crushed garlic
- ½ c water or stock
- 1 t oregano
- 1 t salt
- 4 tomatoes, peeled and diced
- 2 T tomato paste
- 1 t basil
- flour
- 1 t honey
- ¼ c finely chopped macadamia or cashew nuts

Peel and slice eggplants and place on tray. Sprinkle with extra sea salt and let stand for 1/2 hour. (This is to take the bitterness out) Meanwhile saute onions and garlic until soft. Add chopped tomatoes, basil, oregano, tomato paste and simmer for 30 mins. Wash and dry off eggplants and coat them in flour. Fry eggplants in a little virgin olive oil, then place on paper towel to absorb excess oil. Layer eggplants and sauce. finishing with the sauce. Sprinkle top with the nuts. Bake 180° for 45 mins. Serve with macaroni and a fresh tossed salad. For a variation, you could use zucchini instead of eggplant.

bacterial agent that helps keep Candida Albicans under control. Drugs, antibiotics, alcohol, refined sugar, stress and an unhealthy lifestyle destroy large amounts of beneficial bacteria in the digestive tract and allow Candida to multiply out of balance. Part of bringing the correct balance back to it is to encourage the growth of the beneficial bacteria eg. lacto bacillus and acidophilus bifidus. Cultured foods contain these friendly bacteria – sourdough bread, sauerkraut, Miso, tofu, tempeh and yoghurt. A pro-biotic supplement, obtained from health food shops, is a must to speed up repopulating the gastro-intestinal tract with good bacteria.

We send out this newsletter free of charge but as you would be well aware, they cost money to print and send out. Any donation towards the cost will be appreciated.

Sourdough Breadmaking Class

The only bread allowed
on the anti-fungal diet



A true sourdough is nothing more than flour and water with wild yeast to make it rise and special bacteria to provide the flavour. Before commercial yeast, all bread was made from sourdough. Every baker, every household had a wild sourdough culture with special and often secret recipes.

With the advent of commercial yeast in the late 1800s, the art of breadmaking gradually changed. The natural process of rising and fermentation of sourdough requires up to 24 hours - far too long for commercial bakeries. As a result, most sourdough available in the marketplace has been produced by fast-acting commercial yeast spiked with a variety of artificial agents and chemicals to produce bread that has a sour taste but little resemblance to the sourdoughs of the past.

You will be given a sourdough culture and receive lots of hints of how to use this along with varied recipes.

Learn how easy it is to make sourdough bread
using different grains....
including wheat, rye, spelt, oats, rice, barley

- ◆sourdough breadmaking
- ◆sourdough muffins
- ◆sourdough fruit bread
- ◆sourdough pita breads
- ◆sourdough foccacia
- ◆sourdough tomato bread
- ◆sourdough pizza base
- ◆sourdough in bread machine
- ◆tastings
- ◆recipes
- ◆take home sourdough culture



Venue: 496 Hague Street, Lavington
Date: Sunday afternoon, 6th May 2.00-4.00pm
Cost: \$12
Bookings: Phone Kaye on 6025 5018
or Beat on 6025 3584