MYCOTOXINS

There are about 300 types of mycotoxins (toxins produced from mold), but only approx. 30 are poisonous. They can inactivate the white blood cells. Those with genetic weakness in certain genes will be more susceptible to damage from mycotoxins.

Exposure: inhalation, ingestion, direct skin contact

Areas of concern in the home: Bathtub and shower. Under the Kitchen sink. Refrigerator. Carpets. Heating vents and air conditioning. Fireplace and chimney. Basements. Around windows. Garage. Attic. Leaky roofs. Leaky basement. Any area with water damage.

Symptoms:

Itchy eyes, nose, throat	Short of breath
Air Loss	Weight changes
Dizziness	Rashes or Itching
Infections	Joint Pain
Bloating	Sneezing
Weaknesses, fatigue	Light or Fragrant sensitivity
Night Sweats	Cramps, stiffness
Trouble Concentrating	Vomiting
Diarrhea	Tremors or Twitches
Nerve Pain	Sinus Infections

Mycotoxins can suppress the immune system, leaving you vulnerable to infections

Types of Mycotoxins:

- **Aspergillous, Blastomycosis, Cryptomycosis, Aflatoxin B1, Black Mold. These can be serious eg. Aflatoxin B1 can cause liver or lung cancer.**

- **Here is a list of other mold toxins that may have an effect on our health: Fusarium, Helminthosporium, Stenophylium, Alternaria, Cladosporium, Mucor, Botrythis, Epicoccum, Pullularia, Rhizopus, Penicillium, Candida, Aspergillus. The toxins that mold puts out in the body are similar to that which Lymes puts out.**

- **They can also be found in your foods: corn, wheat, grains, coffee, soybeans, beans, peanuts, cheese, wine, beer, bread. They often include formaldehyde as a mold killer into these foods when being packaged.**

- **Antibiotics. After you take antibiotics you may get an overgrowth of fungus/mold.**

- **Glyphosate. Eg: this is found in 'Round up' herbicide found often in GMO foods. Fusarium is a microbe that grows after you use glyphosate. The most prevalent GMO products are: Canola, Aspartame, Papaya, Cotton, Sugar, Zucchini, Dairy, Corn, Soy, Canola. Also industrial meats are often fed grains and corn that may have mycotoxin contamination – this then gets stored in their fat tissue which we then consume.**

Remedies:

- **Grapefruit seed oil**

- **Garlic**
- **Bentonite Clay**
- **Colloidal Silver**
- **Iodine eg. Lugoils – can also use few drops into nettie pot**
- **Oregano oil**
- **Exercise**
- **GSE**
- **Vit. E, Caprylic acid, Udedocynic acid**
- **Coconut oil on Q-tip in nasal several times a day helps the sinuses. Use good quality coconut oil and keep it stored in the refrigerator. Coconut oil harvested from dried coconuts or copra is fungi forming.**
- **Cream of Tartar**
- **Xlear (salt water nasal spray) – mycotoxins might cause colonized sinus or GI bacteria to produce their own toxins, so test for MARCONS and treat with Iodine, Xlear and Colloidal Silver**
- **Mix hydrogen peroxide (food grade) with white vinegar. Spray and also take internally.**
- **Vodka mixed with grapefruit seed extract. Spray on your fruits and veggies when cleansing.**
- **Asprey cocktail:**

  Level 1:
  10 caps three times a day with meals
  Bentonite clay 3 times a day
  High soluble and insoluble fiber, eg citrus pectin, psyllium husk
  Zeolite
  Polysaccharides (glucomannan)
  Yeast cell wall extract (beta glucan)

  Level 2:
  Cholestyramine (anti cholesterol drug)
  Olive oil/grapefruit liver flush
  Actos for as long as needed – this is a diabetes drug

Foods:

Avoid sugar (feeds fungi)
Avoid meat that has gone through the feedlot or fed grains, or eat grass fed or wild caught. No cured meats like bacon, ham, sausage etc). Especially avoid corn fed products.
Avoid chocolate, coffee (esp. instant and cheap stuff)
Careful with the nuts – should be undamaged, no peanuts or pre-ground nuts.
No black bananas or other damaged or blemished fruit.
Avoid leftovers
No alcohol, esp. beer and wine
No processed foods
No cheese, soy sauce
No fermented products except grass fed yogurt or kefir, apple cider vinegar
No farmed fish.