

Fungal Toxins That may be in the Body

What is fungus? What is Candida? What is mold? These are things we contact in our everyday lives. They are the mold that grows on our bread. They are the mushrooms we use to cook. They are also the yeast we use to make bread. They have advanced cells and can survive in any condition.

Each type of fungus has its own characteristic. Most are harmless to its host and actually serve a specific function. The fruits develop a white powder that acts like a layer of protection from other bacteria and fungus that will try to destroy the fruit. That white powder is a fungus that grows without harming the fruit. This is similar to the fungus that grows in Kombucha, a health food drink. Not all fungus is harmful to the body.

The fungus that is parasitic to the body is the one that can cause harm to the body. These exist everywhere but require special conditions to flourish. The toxins from fungus are created to enable the fungus to grow. The toxins are excreted to maximize conditions. It will change the environment's pH, make it sterile from bacteria and other fungus. In the body it will allow blood vessels to grow and suppress the immune system. The ability to optimize its environment for growth is its primary function. These are considered toxins because they are toxic to human bodies.



The aflatoxin is a well-documented toxin created by the aspergillus fungus. The aspergillus fungus can grow anywhere and it was found to grow in grains. It grows on corn, wheat, barley, soy and rice. Its spores are everywhere and the United State Department of Agriculture (USDA) found it to be so prevalent that it made mandatory spraying of grains to minimize aspergillus growth. The aspergillus fungus is so toxic that the USDA decided spraying with mercury was better than allowing aspergillus fungus to grow. Spraying grains with mercury residues occurs only in the United States. All other countries use different growing practices to minimize aspergillus on the food source.

Aflatoxin has been known to be toxic to certain fish. It is toxic in trout but shows no sign of toxicity on salmon. It's toxicity to rats and humans are also different.

continued



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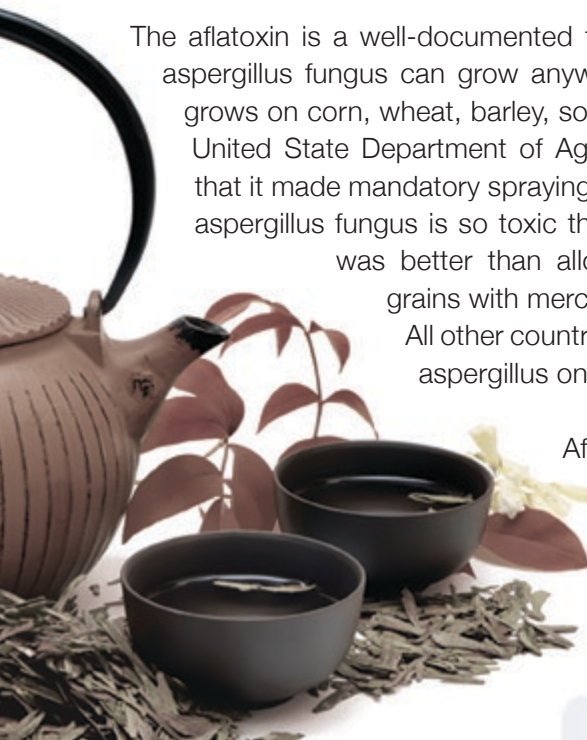
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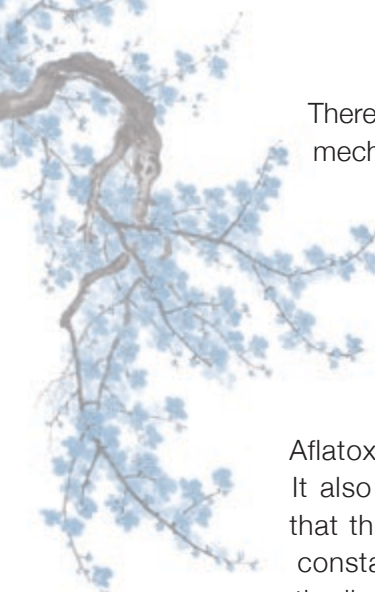
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"...There are not enough amino acids in the foods to replenish amino acids. The result is the liver's inability to heal itself ..."

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There is evidence that shows what is toxic to rats is not toxic by the same mechanism but the results are the same. Aflatoxin has been shown to affect rat's liver enzymes ability to break down with oxygen. The liver cannot process fats and glucose like it should. This is the theory of why fatty liver and high blood sugar occurs in humans. Certain enzymes require oxygen to break down fats and glucose. The aflatoxin has been shown to be affecting liver enzymes and occurs over a long period of time.

Aflatoxin has been shown to cause degenerative changes in the body. It also occurs in long periods so the change is slight. It is also a sign that the body is constantly trying to defuse the affects of the toxin. But constant assault wears out the liver's ability to defend itself. Over time the liver succumbs and carcinogenic changes occur.

There is enough evidence that aflatoxin is carcinogenic. The constant assault on the liver depleishes its amino acid contents. There are not enough amino acids in the foods to replenish amino acids. The result is the liver's inability to heal itself. The degenerative changes are a sign the liver lost its ability to regenerate itself. The liver begins to use more vitamin D to overcome the degenerative changes. This may be another reason there is an increase in vitamin D deficiency. This is why the body needs good nutrition to heal itself.



Another toxin is called trichothecenes that causes similar effects. Different fungi produce this toxin. These fungi are Fusarium, Myrothecium, Trichoderma, Cephalosporium, Verticimonosporium and Stachybotrys. This fungus produces trichothecenes that is also known to affect the liver and lead to cancer.

Trichothecene toxin affects the ability to synthesize amino acid in the liver. It inhibits the cell to terminate amino acid synthesis. This causes the cell to not be able to regenerate itself. There are enzymes present but they are stopped. Studies have been shown that as much as 97% of protein synthesis is affected at concentrations found in the body. Trichothecene has been shown to inhibit yeast we use for baking. It affects the human body at half the concentration it takes to inhibit yeast.



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