By Doug Kaufmann

1. ASTHMA
Recently, several of my doctor friends circulated a question about carpet cleaning techniques and wondered if the water used to rid the carpets of debris didn’t somehow come back to cause more problems than the dirty carpets! It’s a great question, because in the past when my carpets were cleaned, they were wet! Damp indoor air creates the perfect mold storm.

Numerous research papers have recently surfaced talking about the inhalation of mold from inside a home, classroom, or other buildings and a disease we call "asthma". Medically speaking, and with all due respect to our health-care workers, "the cause" is rarely, if ever, considered, since training taught doctors to treat. And treat they do! There are dozens of asthma medications, and asthma patients are relegated to living a life filled with doctor visits and pills.

I believe that most asthma patients would benefit tremendously from discovering when and where their mold exposure began and using our Phase One Diet and anti-fungal medications or supplements to control this sometimes very serious disease. When you control the symptom or disease "volume switch", you’ll be more careful of allowing the condition to advance.

2. CHRONIC SINUSITIS
In 1999, doctors at The Mayo Clinic published that over 90% of chronic sinusitis patients had localized (nasal sinuses) fungal infections! However, 15 years later, this publication has fallen on deaf ears by all but the most astute physicians. Antibiotics are still the drugs of choice for chronic sinusitis, even though these pills might cause the sinus condition to actually worsen, because antibiotics tend to fuel fungal infections!

If I had chronic sinusitis, I’d talk to my doctor about my trying a Nettie Pot complete with oregano oil drops in the water before bed, natural and safe anti-fungal nasal sprays and safe, anti-fungal supplements, and I’d follow the Phase One Diet. Why the last two when this is a sinus problem? Rarely does fungus stay in one tissue—it is mobile inside the body. Many fungal conditions start as "local infections", but travel through the blood stream to other organs and tissues. If this is the case, swallowing safe, anti-fungal supplements and literally starving fungus with the diet offers a more permanent relief system than the use of rounds and rounds of antibiotics, which are now linked with many diseases.

3. HYPERLIPIDEMIA
…Or a blood test result that indicates high cholesterol or triglycerides. It is important to note that statin drugs, used to lower blood fats, were anti-fungal drugs before they were blood fat lowering drugs. Due to the ever increasing concern about statin drug side effects, some of which are horrible, always tell your doctor that you’d be willing to try our Phase One Diet and an anti-fungal approach of Omega 3 fatty acids (yes, these are anti-fungals) or any one of many natural blood fat lowering supplements. It should come as no surprise that all have anti-fungal properties, as well.

4. CANCER
An important study done in 2013 proved that fungus is the actual cause of many cancers. Although the study dealt with lung cancer, it is important to know that certain fungi live in sacs and mimic cancer tumors perfectly. Recall that cancer tumors can grow inside our bodies without oxygen, liberate a poison called lactic acid, and thrive on sugar. It should surprise no one that fungal sacs do the same.

One might argue that cancer tumors follow genetic mutations. Genetic mutations, as it turns out, are often caused by fungus! Here is a copy of the Nov/Dec 2014 issue of Oncology News, with an article that we wrote, entitled Fungi and their Mycotoxins: An Under-Appreciated Role in Cancers.

If I had any cancer, I’d ask the doctor for anti-fungal drugs before they scheduled me for traditional cancer therapies. I’d also juice with greens (chlorophyll is potently anti-fungal) often and follow the Phase One Diet. Then, I’d go back to that same doctor in 60 days and see how my tumor was doing. Please get his/her approval first!