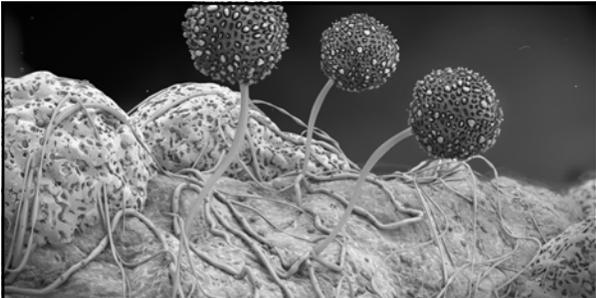


**The Sunshine
Sharing Hour**
With Steven Horne, RH(AHG)
Tuesday, April 24, 2018



The Fungus Among Us

Understand
Yeast/Fungal
Infections and
Medicinal Fungi

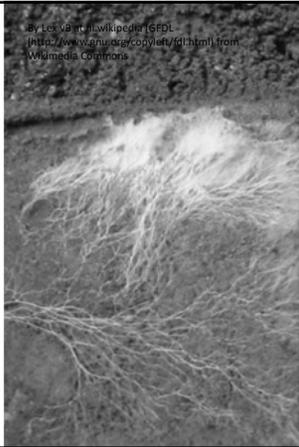
**Facts About
Fungi**

- Fungi are not plants, they are relatives of animals
- Their cell walls contain chitin (similar to insects) instead of cellulose
- They digest other organisms and their byproducts rather than photosynthesizing
- They store energy as glycogen, instead of starch
- Fungi are nature's recyclers and make all life on this planet possible



Fungal Growth

- Fungal spores germinate and start forming tiny threads called hyphae
- Hyphae grow together to form mycelium, a mesh of little threads
- These little threads of fungi attach to the roots of plants and bring moisture and nutrients, primarily minerals, to the plants in exchange for food in the form of carbohydrates
- Soil fungi are helpful for breaking down dead plant material and tiny pieces of inorganic rock, sand and clay
- Under the right conditions, they send up fruiting bodies we call mushrooms

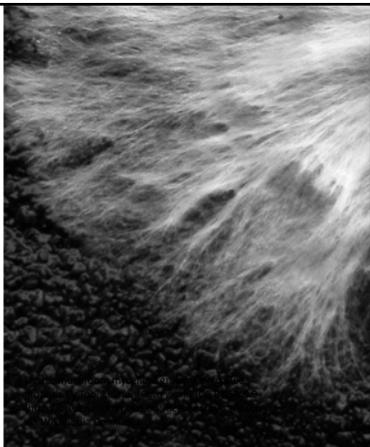


Close-Up of Bread Mold



Beneficial Fungi

- Fungi are the source of antibiotics
- Yeast are used to make bread rise and ferment alcoholic beverages
- There are many edible and medicinal mushrooms
- Fungi can be used to rebuild forests, filter pathogens from water and control insects
- They can also break down toxins, including:
 - Heavy metals (arsenic, cadmium, lead and mercury)
 - Petrochemicals (oil, gas, tar, etc.)
 - Pesticides
 - Radioactive materials
 - Industrial wastes



Harmful Fungi

- We have about 5,000 species of fungi living in our bodies
- Normally, fungi are benign, but we can get an overgrowth of them (dysbiosis) if there is:
 - Lowered immune function
 - pH imbalances
 - A lack of friendly bacteria to control their growth
- According to the CDC there are only about 300 species of fungus that can cause infection
- These include:
 - *Candida albicans* (causes thrush and vaginal yeast infections)
 - *Aspergillus* (causes infection in people with lung diseases or weakened immune systems)
 - *Cryptococcus neoformans* (can infect the brain in people with AIDS and cause meningitis)
 - *Coccidioides* (Southwestern US fungus causes an infection known as valley fever)
 - A fungal infection causes ringworm (a circular rash on the skin)
 - Several kinds of fungus can cause toenail infections



Three kinds of fungal infections



①



②



③

① Mold fungal infection

② Yeast fungal infection

③ Tinea unguium

Nutritional Yeast

- The yeast used to make bread rise and create alcohol belong to the genus *Saccharomyces*
- These yeast feed off of sugars and multiply very rapidly
- They give off CO₂ and produce alcohol, a process known as fermentation
- CO₂ makes bread rise and produces the foam in beer and champagne
- After yeast make alcohol, acetic acid-producing bacteria can turn the alcohol into vinegar
- Thus, yeast turns apple cider into hard cider and bacteria turn the hard cider into apple cider vinegar.
- These yeast are very high in nutritional value, especially B vitamins, which is why brewer's yeast has been used as a nutritional supplement
- Brewer's yeast has been heated to kill it



Myths About Yeast Infections

- Yeast infections are NOT caused by:
 - Having yeast in your body (there is always yeast in your body)
 - Eating foods that were made with yeast such as bread, wine or beer
 - Eating edible fungi such as mushrooms or taking medicinal mushrooms
 - Eating foods containing natural sugars such as fresh fruit



Factors That DO Contribute to Yeast Overgrowth

- Drugs that kill friendly flora
 - Antibiotics and sulfa drugs
 - Chemotherapy
 - Steroids such as birth control pills and corticosteroids
- SIBO (small intestinal bacterial overgrowth)
- High intake of refined sugar and starches
- Reduced immune function (AIDS, etc.)



Candidiasis

- An overgrowth of yeast like *Candida albicans*
- Yeast normally confine themselves to the mucus lining of mucus membranes
- When the terrain is altered they can sprout mycelium that branch and burrow through the mucous membranes causing infection
- This can be associated with SIBO and leaky gut



**YEAST
INFECTION**

Indications for Yeast Overgrowth or Infection

- Chronic digestive upset, food allergies, gas and bloating
- Chronic sinus and respiratory congestion
- Poor resistance to disease, frequent colds and infections
- Itchy ears, jock itch, itchy skin
- Athlete's foot or nail fungus
- Vaginal yeast infections
- Frequent antibiotic use
- Leaving in a moldy environment
- Thrush



Antifungal Remedies

- Caprylic acid
- Berberine
- Colloidal Silver
- Pau d'Arco herb
- Garlic bulb
- Oregano (herb and essential oil)
- Thyme (herb and essential oil)
- Tea Tree essential oil
- Lavender essential oil

Pau d'arco

- South American tree containing naphthaquinones
 - Brownish-orange pigments
- Topically antifungal and antibacterial
- Cytotoxic when isolated
- Lapachol (most widely studied naphthaquinone) is anti-inflammatory, analgesic, and has some antifungal activity against *Candida albicans*
- Napthaquinones are also found in the green hulls of black walnut
- Helpful for fungal and *H. pylori* infections



Photo from Wikipedia

Garlic

- Thiosulfanates (sulfur compounds, at least 23 known – about 1% of the plant)
 - Allicin – breaks down to sulphides, ajoenes, oligosulphides, vinylthiines
- Strong antimicrobial activity against many bacteria and fungi
- Helpful for fungal infections including athlete's foot and digestive tract infections (H. pylori)



Oregano

- Essential oil contains carvacrol and thymol
- Carvacrol is one of the most strongly antimicrobial monoterpenes
- Thymol is closely related
- These compounds are also found thyme and bee balm
- They exhibit wide-spectrum antibacterial action (including Salmonella typhinum, Escherichia coli and several strains of MRSA) and anti-fungal properties
- Oregano oil can be problematic when taken internally



Tea Tree Oil and Cajeput

- The major monoterpene constituents in Tea Tree oil, including terpinen-4-ol and cineole are in the class of antiseptic monoterpenes.
- Terpen-4-ol has been found to be antiseptic and antifungal. Cineole is especially toxic to Gram-positive bacteria and is also antifungal.

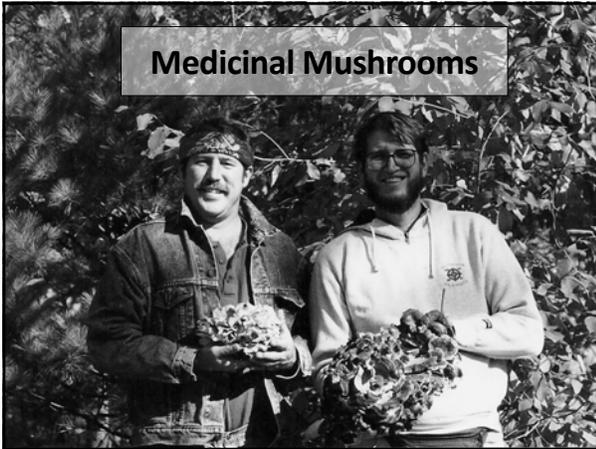


Antifungal EO Blend

- **Ingredients**
 - 2 drops tea tree or cajeput oil
 - 2 drops lavender
 - 1 drop thyme
 - 1 drop lemon
 - Dilute with 1 Tablespoon olive oil
- **Use 1-2 drops twice daily for 3-7 days**



Medicinal Mushrooms



• Fungi have numerous medicinal properties, which can include:

- Antibacterial, antiviral, anti-candida
- Antioxidant
- Blood pressure reducing
- Cancer fighting
- Cholesterol reducing
- Immune enhancing
- Kidney Tonic
- Liver tonic
- Sexual tonic
- Stress reducing, adaptagenic

Medicinal Fungi



Cordyceps

- Balances yin and yang energy
- Acts on TCM Kidney and Lung meridians
- Reduces stress, boosts immunity and strengthens the system
- Improves athletic performance
- Supports lung function, especially in chronic lung diseases like tuberculosis, asthma and COPD. Indications include dry cough, shortness of breath or coughing blood.
- A tonic for the elderly to increase energy, libido, memory, tolerance to cold, tinnitus and frequent nighttime urination
- May be helpful for night sweats and frequent urination

Reishi (Ganoderma)

- Acts on TCM Liver and Kidney. Invigorates Qi and nourishes blood
- Nourishes the TCM Heart, which stores shen (spirit or emotional energy), and tranquilizes the mind
- Shen disturbances produce anxiety, insomnia, bad dreams, moodiness, listlessness, poor memory
- Used to treat heart deficiency, hypertension, palpitations and arrhythmia
- Lowers blood cholesterol levels
- Immune modulator
- Nourishes the blood
- Restorative for weakness after prolonged illness
- Helpful for chronic respiratory problems

- Antitumor properties (breast, prostate and colorectal)
- It can shorten course of cancer chemotherapy, prevent chemotherapy side effects
- Helps prevent destruction of T cells in HIV
- Has antiviral properties
- Strengthens immunity, enhances macrophage, NK cell, and T cell activity
- Helps lower blood sugar levels
- May also be helpful for allergies, auto-immune disease and chronic fatigue syndrome
- Lowers blood pressure and blood sugar

Maitake

Upcoming Education

- **Upcoming Member Webinars**
 - The Holistic Perspective (Tuesday, May 8) – *Rewriting the Lyrics: How Music Can Subtly Program You for Success or Failure in Life* with Steven Horne
 - Sunshine Sharing Hour (Tue, May 29) – *Aromatherapy for Improving Your Mental Attitude and Emotional Mood* with Steven Horne
- **Current Classes**
 - **New Emotional Healing Training Program (Free)**
 - Module Two: Tools for Emotional Healing
 - Register at: <https://events.genndi.com/register/169105139238455025/adb86051b6>
 - **New 4-Part Fundamentals of Natural Healing Class (Module 2: Healing Acute Diseases)**
 - Register online at: <http://treelite.com/proddetail.php?prod=CHC-1&cat=18>
 - Or call 800-416-2887

Comments, Questions and Answers

- Type your questions about tonight's topic into the chat box
- Product presentation to follow this Q&A

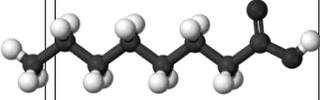


NSP Products with Antifungal Herbs or Medicinal Fungii



Fungal Cleanse Formulas

Ingredients	Benefits
<ul style="list-style-type: none"> > Caprylic Acid Combination <ul style="list-style-type: none"> - Caprylic Acid - Elecampane - Black Walnut - Red Raspberry Leaves > Yeast/Fungal Detox <ul style="list-style-type: none"> - Echinacea - Sodium Propionate - Sorbic Acid - Pau D'Arco - Garlic - Oregano - Selenium - Zinc 	<ul style="list-style-type: none"> ✓ Boost immune system to balance yeast overgrowth ✓ Help to tone intestinal membranes ✓ Help balance friendly flora



Candida Clear

Ingredients	Benefits
<ul style="list-style-type: none"> > Pau D'Arco inner bark > Caprylic Acid Combination > Yeast Fungal Detox > Candida Cleanse Enzymes <ul style="list-style-type: none"> - Biotin 150mcg, cellulose, protease concentrate, amylase, protease, bromelain, hemicellulose, glucoamylase 	<ul style="list-style-type: none"> ✓ Great pack for correcting dysbiosis of the GI tract ✓ Helps to balance friendly bacteria and yeast ✓ Enzymes help to break down intestinal biofilm so the cleanse is more effective

Other NSP Products with Pau D'Arco

<ul style="list-style-type: none"> • BP-X • GastroHealth • Red Clover Blend • GreenZone • Pau d'Arco Lotion • Herbal Trim 	
---	---

Immune Stimulator

- Beta glucans 200mg
- Arabinogalactan 100mg
- 110 mg of:
 - Colostrum
 - Cordyceps mycelia
 - Reishi mushroom mycelia
 - Maitake whole mushroom

- ✓ Stimulate a non-specific immune response
- ✓ Stimulate macrophage activity
- ✓ Helpful for either preventing or speeding recovery from infectious disease
- ✓ Also helpful as part of a natural program for cancer
- ✓ Use cautiously with autoimmune disorders

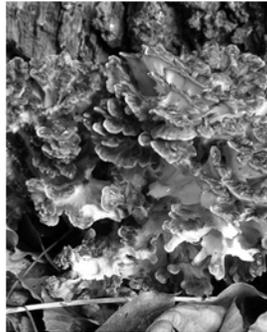
Other NSP Products with Reishi

- Chinese Blood Stimulator (primary ingredient)
- SC Formula
- Trigger Immune
- Defense Maintenance
- Elderberry Immune
- Mineral Chi Tonic
- Adaptamax



Other NSP Products with Maitake

- Sunshine Heroes Elderberry Immune
- Colostrum with Immune Factors
- Breast Assured



**Comments,
Questions
and Answers**

- Type your questions into the chat box about the products we discussed in tonight's lesson