

# The Sunshine Sharing Hour

With Steven Horne, RH(AHG)

Tuesday, April 24, 2018




## The Fungus Among Us

Understand  
Yeast/Fungal  
Infections and  
Medicinal Fungi

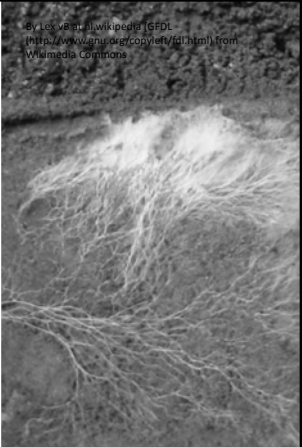
### Facts About Fungi

- 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



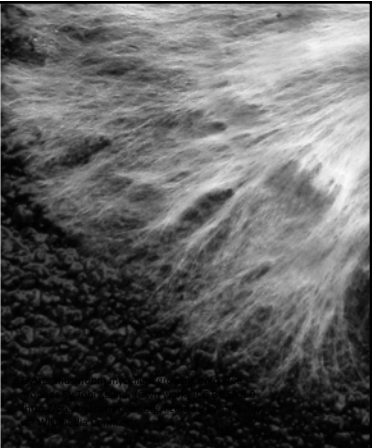
By LexVB (at) wikipedia (GFDL) (<http://www.gnu.org/copyleft/fdl.html>) from Wikimedia Commons

### 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

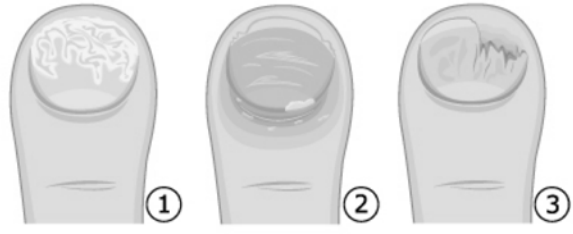


## Harmful Fungi

- 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 Mold fungal infection
- ② Yeast fungal infection
- ③ Tinea unguis


## 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 CO<sub>2</sub> and produce alcohol, a process known as fermentation
- CO<sub>2</sub> 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 to 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



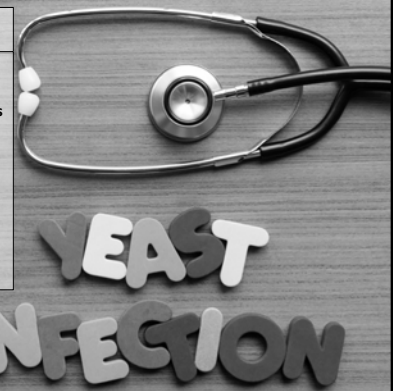
## Factors That DO Contribute to Yeast Overgrowth

- 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



## 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, vinylidithiines
  - 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 typhimium*, *Escherichia coli* and several strains of MRSA) and antifungal properties
- Oregano oil can be problematic when taken internally




Photo from Wikipedia

## 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.




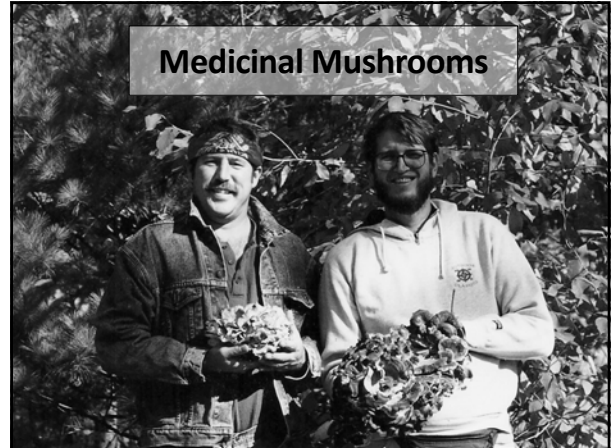
Photo from Wikipedia

## 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:

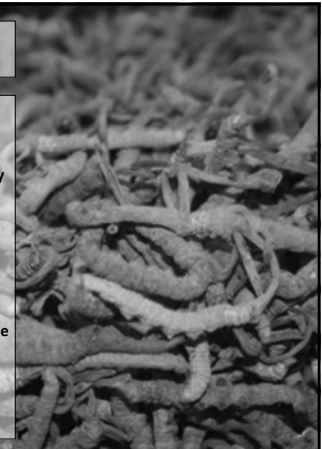
- Antibacterial, antiviral, anti-candida
- Antioxidant
- Blood pressure reducing
- Cancer fighting
- Cholesterol reducing
- Immune enhancing
- Kidney Tonic
- Liver tonic
- Sexual tonic
- Stress reducing, adaptogenic

## 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



## Maitake

- 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



## 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



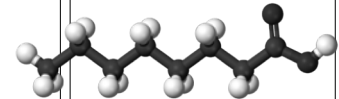
## Fungal Cleanse Formulas

### Ingredients

- **Caprylic Acid Combination**
  - Caprylic Acid
  - Elecampane
  - Black Walnut
  - Red Raspberry Leaves
- **Yeast/Fungal Detox**
  - Echinacea
  - Sodium Propionate
  - Sorbic Acid
  - Pau D'Arco
  - Garlic
  - Oregano
  - Selenium
  - Zinc

### Benefits

- ✓ Boost immune system to balance yeast overgrowth
- ✓ Help to tone intestinal membranes
- ✓ Help balance friendly flora



## Candida Clear

### Ingredients

- Pau D'Arco inner bark
- Caprylic Acid Combination
- Yeast Fungal Detox
- **Candida Cleanse Enzymes**
  - Biotin 150mcg, cellulose, protease concentrate, amylase, protease, bromelain, hemicellulose, glucoamylase

### Benefits

- ✓ 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

- 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

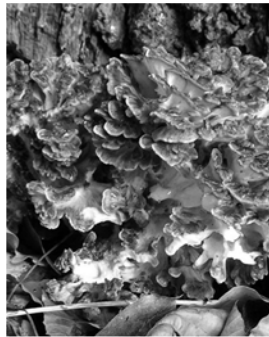
## Other NSP Products with Reishi

- 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

