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# Quantum Techniques® Teleseminar

**The Anti-Fungal Diet**

Fungal Infections Series: Part 3

April 26, 2011

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As a QT client, you must take complete responsibility for your own physical health and emotional well-being.

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## Description:

In part 3 of this advanced series, Quantum Techniques practitioner [Dr. Carolee Johnson](#) presented an anti-fungal diet plan and a supplement program to rid the body of fungus. Also, you will learn how to personalize your diet for yourself using Quantum Techniques.

## Transcript:

**Dr. Carolee Johnson:** Good evening everyone. I'm Dr Carolee Johnson. I am so glad to have everyone here listening to this teleclinic tonight. I am always pleased when people take an interest in their healing, and am ready to do what it takes to get well. I am also really grateful for a healing system like QT because with QT we can do the detective work to find the cause of our health troubles. The cause can be a lot of things, but according to the research I have been doing, I think one of the major culprits is fungus, and I am going to go into that a little more tonight, and then we are going to put together an anti fungal diet, and supplement program. I really love the feeling of being empowered to be able to do something about my health myself once given the information to do it, and I hope everyone here enjoys learning how to take care of themselves as much as I do. So let's get started.

I was interested to find a simple little test that helps find fungus in the body, for those for those of you who don't self test yet, there's a simple test you can do at home to look for fungus in your system. It doesn't really tell you where the fungus is located, but it just kind of gives you an idea that there is fungus present.

First thing in the morning, before you put ANYTHING in your mouth, get a clear glass of water. Better still; leave it by your bed the night before. Work up a bit of saliva, and then spit it into the glass of water.

I know this sounds awful, but it does give you some information. Ok then what you do is...

Check the water every 15 minutes or so for up to one hour. If you have a yeast infection, strings (like legs) will travel down into the water from the saliva floating on top, or "cloudy" saliva will sink to the bottom of the glass, or cloudy specks will seem to be suspended in the water. If nothing develops in 30 to 45 minutes, you are probably fungus free.

If you can self test using QT or muscle testing it is easier to get more information, and you can check other areas of the body to see just where these infections are located.

Also, If you are wondering if some of your symptoms might be rooted in fungus, and you have not yet learned to self test, you can ask yourself the following questions.

These questions are kind of a self assessment of fungal exposure risk, based on experience, research data from mycology textbooks and observation. If you are answering yes to a lot of these questions I am going to ask, there is a good chance your symptoms are rooted in a fungal infection.

And these questions are....

1. At any time in your life have you taken repeated or prolonged rounds of antibiotics?
2. At any time in your life have you taken repeated or prolonged courses of steroids or cortisone based pills?

3. If you are having skin rashes have you used cortisone based creams?

One of the things I did with my 32 year eczema problem was I used a cortisone cream to clear it up, and it worked the first couple of times I used it, but after that it didn't work so well. Pretty soon it was making it worse. And pretty soon I couldn't stand to put it on my face anymore because it stung so much.

4. Have you been diagnosed with fibromyalgia?

5. Do you have or have you ever had asthma?

6. Have you been diagnosed with arthritis?

7. Do you have diabetes?

8. At any time in your life have you been treated for worms?

9. Have you ever had cancer? Have you ever been treated with chemotherapy or radiation for any type of cancer or other disease?

10. Do you have, or have you ever had ringworm, fingernail fungus, or toenail fungus or jock itch?

11. Do you suffer from fatigue?

12. Do you suffer from irritability, memory loss, or a feeling of constantly being spaced out?

13. Do your muscles bones or joints bother you?

14. Would you describe them as aching, weak, stiff, or swollen?

15. Do you get headaches often?

16. Do you feel these headaches are hormonally driven?

17. Do you have itching tingling or burning skin?

18. Do you have hives psoriasis, dandruff, or chronic skin rashes?

19. Do you have acne?

20. Do you suffer from hair falling out, itching inner ears or vision problems?

21. Do you have high blood pressure, low blood pressure, or high cholesterol or triglycerides?

22. Do you have mitral valve prolapsed or heart symptoms, like racing pulse or uncontrolled heartbeat?

23. Have you ever been diagnosed with an autoimmune disease?

24. Are you bothered by recurrent digestive problems including bloating, belching, gas constipation, diarrhea, abdominal pain, indigestion or reflux?

25. Do you have chronic infections for which your doctor keeps prescribing antibiotics?

26. Does your condition seem to get worse on damp days or musty, moldy, environments?
27. On days when pollen count is higher do you feel worse?
28. Do you often feel blue or depressed?
29. Do you ever crave corn, peanuts or sugar?
30. Have you ever encountered mold related problems in your home or office?
31. Has your home or office ever been flooded?
32. Do you suffer allergic reactions due to pollens molds animal dander, dust, mites, perfumes, chemicals, smoke, or fabric store odors?
33. Do you suffer allergic symptoms due to any foods?
34. For the women, have you ever taken birth control pills?
35. At anytime in your life have you been bothered by vaginal or urinary tract problems?
36. Are your ovaries, thyroid gland, adrenals and pancreas functioning as they should? (Symptoms of hormonal disturbances can include: PMS, menstrual irregularities, loss of libido, infertility, sugar cravings, and constantly feeling hot and cold.)
37. And for the men have you ever experienced pain in the testicles unrelated to trauma?
38. Have you ever been bothered by prostate problems?

All of the questions I just asked are either common ways to become infected with fungus, or symptoms that are often rooted in fungal infection.

One of the questions I just asked in that list was have you ever had cancer?

I want to point out the reason why I would ask that question in a fungal teleclinic is that some doctors have theorized that candida or other systemic fungal infections cause or at the very least contribute to the *development* of cancer.

This actually makes sense to me because when I was trying to clear my own tumors I did a lot of research to learn how to heal things naturally, because I didn't want to take my problem to the doctor. It just seemed like to me that their success rate with that kind of stuff was way too low for my comfort, and I would be better off figuring it out myself. Now I am not telling anyone that they should not see their doctor in such a case, but what I learned was every food that was touted as a cancer fighting food or herb was also one that killed fungus. So what I had done without realizing it was I put myself on an anti fungal food and herb program. And this program cleared the tumors. It was only a one person study, but I guess I would try it again on the next person if I ever needed too.

And then of course we know that body wide fungal or candida infection plays havoc on the immune system. Not only does the immune system become overwhelmed and worn out from fighting the infection, but candida (or other fungus) **excrete toxins** that further weaken and harm the body.

The major waste product of candida is *acetal-de-hyde*, which produces ethanol. Ethanol may be great in a car, but in your body it causes excessive fatigue, and reduces strength and stamina. In addition, it destroys enzymes needed for cell energy, and causes the release of free radicals that can damage DNA.

Ethanol also inhibits the absorption of iron. Because iron is one of the most important oxygen supports in the blood, ethanol in your body creates low oxygen levels. And you know what happens when your body can't oxygenate well. So if you are fighting cancer, you might take a good hard look at fungus.

Some doctors have implicated fungi as a cause of **leukemia**. In 1999 Dr Meinolf Karthaus MD watched three different children with leukemia suddenly go into remission upon receiving a triple antifungal drug cocktail for their "secondary" fungal infections. I thought that was significantly interesting.

Milton White, Another medical doctor. believed that **cancer is a chronic, infectious, fungus disease**. He was able to find fungal spores in every sample of cancer tissue he studied. Some other doctors agree with him. Such as the Italian doctor, I think his name is Simoncini, who has his patients take a teaspoon of bicarbonate of soda, which is baking soda, in a glass of water half an hour before breakfast. This alkalinized the digestive tract so that it would help eliminate candida.

Author Doug Kaufmann says that fungi in foods may play a role in cancer. He has seen children become free of their documented leukemia once the child's parents simply changed the child's diet. Kaufmann's diet, which we are going to include tonight, is based on the widely published problem of mycotoxin contamination of our grain foods.

I think studies are great but when these things hit closer to home, you really start to wonder if there is something to this. My sister has a little girl who went to the hospital because she couldn't breathe. When they started running tests, they found she had growths all over in her lungs. A cancer specialist told my sister that this was cancer for sure, and that he was never wrong.

Well they did a biopsy on these growths and found out they were non malignant, and they went on to find out that it was valley fever. A lung fungus. So it was a fungus, and a cancer specialist could not tell the difference. And according to him he was never wrong. Hmmm.

There are really very few studies on this that I am aware of aside from the ones I have mentioned here, but it is very intriguing information, and for anyone who wants to look into that further on their own, you can e-mail me at [carolee@quantumtechniques.com](mailto:carolee@quantumtechniques.com) for a list of reading material on that subject.

I also want to remind everyone that Part One of this Fungus teleclinic series by Dr Stephen and Beth Daniel, and Part two of this teleclinic series on Fungus are available on our website at [www.quantumtechniques.com](http://www.quantumtechniques.com).

In the book the fungus fighters by Richard Baldwin it talks about two woman Elizabeth Hazen and Rachel Brown who teamed up in the late 1940's to develop a safe, effective antifungal for use in medicine. The two scientists tested the effectiveness of a wide variety of agents against two particularly dangerous fungi *Cryptococcus neoformans* and *Candida Albicans*.



By 1949, Brown and Hazen had discovered Nystatin. The agent worked not only against the targeted microbes, but against fourteen other fungi as well. So it was an incidence where it was shown to work as a broad spectrum antifungal.

Unfortunately, the FDA has only approved the drug for use in treating candida in the mouth which is thrush, or on the skin. But if something is approved for one thing, doctors have license to use it to treat other conditions as they see fit.

Nystatin is actually produced by the fungus *streptomyces nourei*. Although it is in fact a mycotoxin, it has yet to demonstrate any of the harmful side effects, including cancer and atherosclerosis, found in the mycotoxins produced by other fungi.

The two scientists presented their findings at the National Academy of Sciences Regional meeting in Schenectady in the fall of 1950. Bristol Myers Squibb got the nod for further testing and the eventual production and marketing of the drug. Four years later the FDA approved Squibb's Mycostatin oral tablets. Doctors began writing prescriptions for the drug within a month. Nystatin was described as "the first broadly effective antifungal available to the medical profession.

Researchers reported that Mycostatin could clear up established yeast infection in patient's digestive tracts within one to two days.

Hazen and Brown's work was sparked by their awareness of the growing danger of fungal illnesses. Remember, however, that then, as now, doctors have not been required to report fungal diseases. Which makes an exact quantification of the true extent of fungi caused disease impossible.

The National Health Survey performed by the US Public Health service showed that by the early 1970's, 8 percent, or 16 million Americans, were suffering from skin conditions caused by fungi. These numbers qualify such infections as an unofficial epidemic. The same health service reported that unknown numbers of people regardless of occupation or location have contracted one or another of the most serious of the fungus diseases – the deep system mycosis – which disable and kill.

This number remains unknown not just because doctors are not required to report fungal disease, but also because such infections are often misdiagnosed as other diseases.

The ability of some of the more serious, fungal diseases to mimic other common diseases encountered in medicine is no small problem. Some scientists believe that fungal pathogens account for more upper respiratory infections than bacteria or virus put together.

Fungi can cause all of the symptoms associated with low grade upper respiratory infections, such as mild fever and cough, sweating, and headache. Examination of more serious, fungal infections often leads to mistaken diagnosis of pneumonia, tuberculosis, meningitis, rheumatoid arthritis or even brain tumors.

Although fungi lie at the root of the problem, physicians base their treatments upon the inaccurate diagnoses, addressing the symptoms instead of the actual cause of the disease at hand. In cases in which antifungal measures are finally applied as a last resort, the point at which such an approach would have been most effective has long since passed.

Health care professionals often rush their patients into medicinal or surgical treatments in order to control rapidly worsening conditions in time, and sometimes haste can increase the

chance of a wrong diagnosis which then of course makes quickly delivered treatment pretty much meaningless.

Several studies supported by the Brown – Hazen grants have centered on the fungus *Histoplasma capsulatum*, the agent responsible for the tuberculosis- mimicking histoplasmosis. A lot of these studies have concluded that, when doctors treat their patients as though they had contracted tuberculosis, the underlying cases of histoplasmosis often worsen as a result of secondary effects of the antibiotics used to treat the tuberculosis.

Histoplasmosis is sometimes missed to the point that the fungal infection behind it ends up killing the patient. Even then, the real cause of death is often still overlooked. This happens because unless a fungal infection is suspected initially, pathologists tend not to test for them.

Given this tendency to misdiagnose, it's worth taking a closer look at some of the more common fungal diseases.

The fungal disease *coc-ci-di-oido-mycosis* occurs around the area where I live, which is mostly in the Southwestern US's more arid or desertish regions, which includes southwestern Texas, Southern New Mexico, Arizona, and Parts of California, especially the San Joaquin valley. A soil fungus called *Coccidioides immitis* causes the disease. When people breathe the contaminated dust kicked up by the wind, the fungus infects their lungs. *Coc-ci-di-oides immitis* is apparently so hardy and so widespread that even flying over the areas can expose airline passengers to its spores.

Most victims of *coc-ci-di-oido-mycosis* come down with mild cases that involve cough, fever, and chest pain, all of which clear up on their own, given time. So if you wonder why you get a chest cold every time you travel, you might take a look at fungus.

The more severe, progressive variety of the disease spreads from the lungs throughout the body, impregnating skin, bones, and vital organs. At that point, if not treated the disease becomes highly malignant, with a death rate of close to 50 percent.

The North Central and Southeastern United States are home to the disease *blasto-mycosis*, while the central Mississippi and Ohio River valleys have *histo-plasmosis* to contend with.

*Asper-gillus* is another common species of fungi capable of infecting both the healthy and the sick. *Aspergillus* spores can be found airborne virtually everywhere, including hospitals and environmentally controlled clinical laboratories.

Despite the threat to public health, scientist, physicians and many of their patients continue to display a surprising lack of knowledge and interest in fungi. Ironically, the use of drugs against other illnesses, including antibiotics, has only increased the dangers we face.

So the thing that becomes obvious here is that fungi spores are a part of nature. They are everywhere. They are there for the purpose of breaking down dead material, such as foliage from plant life, animals and such. And, there is a balance. When a tree dies the same live enzymes that kept it healthy when it was alive break it down after it dies so that it fertilizes the soil around it promoting more plant life.

In every case of plant life, there are also harmful fungi that will break down the live tree and use the wood for food while the tree still lives, eventually killing it.

So what is the difference, and why are some bodies unaffected by the spores all around us and some bodies get an unhealthy fungus that ends up being some dread disease?

The difference is a balance in healthy natural foods that keep our tissues strong, so that they do not become infected, or if per chance you breathe something in, the body is ready and waiting to wipe it out. The unnatural highly chemicalized sugared down foods that we consume in this day and age could be the thing that is tipping the healthy balance of our bodies into the unhealthy zone.

Ok, so that makes good health, a choice. Sure brightly colored sugared down food tastes good, but it is deceptive, kind of like a sweet tasting enticement that lures you to the grave making you think it is something wonderful right up until it is too late.

You might do better with some real beauty. Like having a daily brightly colored green smoothie instead. Maybe we could lace it with a pretty red apple and a load of pretty yellow onions or nice white garlic. Maybe put some super nutrition into it like brightly colored beet root powder, some nice purple dulse, and some orange and lemon peel powder for beta caratanoids. Maybe some nice pink acerola cherry powder for a spark of vitamin C! How about some gorgeous blue green algae for some B 12. And then go totally green by putting fresh baby spinach and a sprig of alfalfa into it. Maybe a little barley grass or wheat grass. Maybe even put an avocado into it for that nice smooth texture and some omega fatty acids.

It's getting better by the minute, and it is even antifungal. It gives me a fantastic boost of energy.

It's good stuff.

What I want to do now is go over a plan to help eradicate fungus from the body. This diet plan for killing fungus that I want to go over tonight was researched and developed by Doug Kaufmann. He is an expert in fungus, and has been extremely successful in helping people eliminate many health problems by eliminating fungus. So we are going to go over this food program, and then we are going to personalize it using QT as we go.

Now, I happen to know from experience that unless a person is truly dedicated to getting well, if you mess with their diet they get upset. When you start removing foods from their diet, they get really upset. But the truth is, if what they are doing now were working, they would have been well already.

So if you are ready to get well, changing your diet to fit your body's needs is step number one.

This fungus killing program works in three phases.

Phase One of this diet calls for eliminating sugar, [grains](#), bread, pistachios and peanuts from your eating plan. Kaufmann's theory is that these foods feed fungus living in your body. Eliminating them will starve the fungus because the fungus needs sugars derived from [carbohydrates](#) to thrive. In the human-fungal battle, according to this theory, people always lose out, and a person infected with fungus actually craves foods that satisfy's the fungus but does not satisfy your health.

So you will also avoid simple sugars including white sugar, sucrose, glucose, fructose, honey, molasses, maltose, corn syrup and most especially high-fructose corn syrup. It is also a good idea to eliminate some of the very sweet fruits at first.

Most nutritional experts involved in training physicians teach that the sole problem with sugar is that it causes cavities. If this were true, I believe America would be in a lot better shape than it is today.

I think that sound nutritional advice that includes a strategy for eliminating fungus which means eliminating sugar and carbs that quickly turn into sugar is crucial to maximizing good health.

Mycology is the study of fungus by the way. Mycology experts have understood the importance of a low carb diet in combating fungi as early as 1944.

The low carbohydrate component works because it starves fungi of the sugar they need to live and grow. Cutting carbs and sugar is only one part of the strategy though. Otherwise, I would tell everyone to just go get the Atkins diet book or the Body RX program. As it turns out to really get rid of fungus cutting foods commonly contaminated by fungi and their mycotoxins is also necessary. Then you add foods and supplements that are naturally antifungal.

Getting good fiber into the diet with things like chia seeds, psyllium husk or natural vegetable fiber from whole veggies helps neutralize and eliminate the mycotoxins that contaminate the foods we eat. They also help restore proper bowel function, essential to restoring and maintaining good health.

In addition, replacement of beneficial intestinal bacteria killed off by the overuse of antibiotics, steroids and immune suppressing drugs can often cure constipation, bloating gas, diarrhea, asthma and some allergies. Moreover these friendly bacteria produce chemicals that discourage fungal growth in the intestines.

Taking supplements to replace a broad range of nutrients often lacking in our day-to-day diets makes sense. But when we are starting an antifungal program like this, you may want to stop all except the most essential supplements for the first couple of weeks. Especially if the supplements you've been taking haven't been working against the illness you are fighting. After around two weeks it is usually ok to restart some of your supplements. You can do self testing to see or call your practitioner. If you are pregnant or have specific concerns you might want to talk to your regular doctor.

Over the years a number of studies have come together to prove that sugar is fungi's food of choice. In one such study, mice were fed straight table sugar. The ease and speed with which fungi in the mice's intestines grew and multiplied when exposed to large amounts of fuel astonished scientists. Mice whose immune systems had been compromised by drugs or illness proved especially vulnerable to infection by the sugar craving fungus.

Although fungal infections in the intestines can reek a great deal of havoc, and I think I mentioned this in my previous teleclinic, from there it even gets more serious. Once the fungus had taken control of the mice's digestive tracts the fungus penetrated into the rodents' blood stream and spread through out the rest of their bodies.

The fact is until you remove sugar from your diet as much as you possibly can no amount of antifungal supplements or foods are going to deliver any long term results.

Kaufmann recommends following this phase-one diet for two weeks starving any fungus in the body. People can then opt to move on to a more relaxed second phase diet, but people who have the willpower to remain on a strict, low-carb eating plan can stick with phase one indefinitely if they want to.

I know it seems difficult to maintain a low-carbohydrate lifestyle in a world that seemingly revolves around unhealthy food choices, but the benefits are proven, there and waiting. All you need to bring to the table is the will.

I should also mention that a number of overweight people including my husband have dropped more than thirty pounds using this program.

I know that at first this diet seems very restrictive. Anyone who has come to Quantum Techniques also finds out that their diet changes. Sometimes dramatically, and it is very common for someone with a massive fungal infection to find out that they don't test well for many of the grains. In many cases once the fungal infection is cleared the person starts testing ok to have grains back, sometimes limited, and sometimes more.

I am going to go through each food group in the first phase of this antifungal program, and as we go you can test, or take notes on which ones you want to test.

The first food group is Sugar.

No sugar whatsoever is allowed at this phase of the anti fungal program. That includes white sugar, sucrose, glucose, fructose, molasses, maltose, corn syrup and most especially high-fructose corn syrup.

If you are suffering with diabetes & heart disease use a little raw honey only as you need it.

The next food group is artificial sweeteners and herbal sweeteners.

In this food group we want to exclude aspartame and saccharin. You can muscle test to see if you are ok to use stevia or stevia plus as a sweetener, since these do not promote fungus.

The next food group is fruit.

The fruits that are ok to have when you are clearing fungus are apples, berries, avocados, grapefruit, lemons, and limes. Make sure and test yourself on these to see if they test good for you. Some people have trouble with citrus. If you are diabetic you can include some other fresh citrus juices if you test good for it. So you can test those to see which ones test good for you. With dried fruits, if you are diabetic you can test them to see if you are ok on those but be very careful because bulk stored dried fruit runs a high risk of mold contamination. All other fruits are off limits for now and especially pasteurized fruit juices.

The next food group in our anti fungal program is meat. You can pretty much eat any meat that tests good for you while you are getting rid of fungus. The only ones that are off limits here are the breaded ones. So test for each meat and see which ones work for you. Be wary of corn fed or grain fed meats. Test each meal carefully.

Eggs are ok on this program too. Test to see if you are ok on regular store bought eggs or if your body prefers organic eggs. Some people can have organic eggs but not the regular store bought ones. Meat is the same way. Some people are good with meat that is grass fed or organic hormone free, but not on regular meat. So if you testing bad on regular meat, go more natural and try that. You will want to avoid egg substitutes.

Dairy is the next food group. On our antifungal program test yourself to see if you are ok with yogurt and milk culture. Cream cheese is ok, and unsweetened whipping cream. Sour cream made with real cream is good. And butter is fine on our anti fungal food program. If you have access to raw milk, I would recommend that you test to see if you are ok with raw

milk.. Many times a person with a fungal infection will test bad on certain dairy. So make sure and test to see. After a person has put forth some effort healing the gut, a lot of times dairy will start to test good in limited amounts where it didn't before.

The ones you want to avoid in the dairy group are the aged cheeses that have a high mold content which pretty much includes all pressed cheeses. We recommend that you cut out the pasteurized milk and all margarines or butter substitutes.

In the vegetable group test yourself to see which vegetables you test good on. Because in this program all vegetables and freshly made vegetable juices are ok. You will need to stop all potatoes for at least the first two weeks because of the high carbohydrate content. Beans and peas are out for the first two weeks also.

In the beverage group. Test yourself for fresh vegetable juices, clean water, herb teas, Stevia sweetened fresh lemonade or limeade. Green tea is ok. Sparkling mineral water is fine as well.

You will want to limit your coffee and tea including decaf for the first while. Regular and diet sodas and sports drinks should be left alone.

In the grain group while you are getting rid of fungus, there are no grains allowed in this program. Remember this is not a forever thing. Most grains test bad in a fungal field anyway, and once the fungus clears and the gut heals, a person will test good on most grains again. That includes pasta, rice, corn, wheat, quinoa, amaranth, millet, buckwheat, oats and barley.

The reason we cut out all the grains for the first while is because of the high carbohydrate content and the high incidents of mold found in grains. So, for the first two weeks, you will want to be really strict with that, and then as you heal, you can test to see if you can bring some grains back into the body. Test the non gluten grains first, and then make sure and test, shall I limit. To see if your body only wants a limited amount rather than bringing a grain back in full force all at once. Make sure you test each time so you don't re-infect yourself with fungus, because grains can easily be contaminated.

If you are diabetic we have to do things a little different and include some grain. In this case test yourself for oats, rice, buckwheat, quinoa, amaranth, millet, barley, Sourdough bread and flour tortillas. For a diabetic pasta is a safe thing if it tests good for you because boiling the pasta and then rinsing off the water, takes out the mold and mycotoxins.

Any yeast product is excluded including bread, mushrooms, pastries, and alcohol.

In the vinegar group, Test yourself for raw unpasteurized apple cider vinegar and see if you are good with that also for black olives that have not been aged in vinegar.

The things that are not allowed in the vinegar group are Pickles, salad dressing, green olives and soy sauce.

In the oil group. Test yourself to see if you are ok on Olive oil, grape seed oil, flax seed oil, and other cold pressed natural oils. Fish oils are fine, and omega three supplements. The only ones that are not allowed in this program are partially hydrogenated oils, corn oils and peanut oils. These are usually high in mycotoxins and should be left out.

The last group in our list is the nut group. Test yourself for all the raw nuts like pecans, almonds, walnuts, cashews, and pumpkin and sunflower seeds and any other raw nut with



the exception of peanuts and pistachios. Almond butters and cashew butter are ok if they test good for you.

So a day on this food program might look like this.

- Monday breakfast might be omelet with onions and parsley
- Snack might be Almonds and water,
- Lunch might be beef patties with steamed and buttered asparagus
- Snack might be pecans and plain yogurt with fresh blackberries
- And dinner might be Stir fried chicken with broccoli squash and butter
- Desert might be raspberries, cashews and chamomile tea

Depending on what your body tests good for of course. It all actually sounds pretty good don't you think?

It might be a lot easier to get well than you thought. After you have gone two weeks or so like this, you can test to see on an energetic scale of one to ten what is my systemic fungal level. Is it more than one, more than two and on up. Ten being the worst. If you are down to two or below, you can relax a little and start testing against your fungal issue if it is in your best interest and highest good to start bringing some of the other foods back into your diet on a limited basis. Test how much your body wants to bring back in at a time.

Ok so now we have eliminated our high fungus foods, we have included anti fungal vegetables like broccoli, cauliflower, onions, garlic, and cabbage.

So now what we want to do is include a good antifungal supplement on top of that. We are going to hit this fungus from every angle.

One thing I should mention is when we start on a powerful antifungal program it can make a person tired at first from the die off. This tiredness does not last, and with QT we can put some energetic filters on the speed of the detox so it doesn't completely wipe anyone out.

Now we have the fungus in your body starving. Let's look at the antifungal supplements we can use to completely eradicate this problem. And as always in order to personalize your supplement program just for you, test each anti fungal and see which one works the best with your body.

My number one favorite anti fungal is garlic. Remains of garlic have been found in archaeological sites that are thought to be about 10,000 years old. Prescriptions for garlic were found on 5,000-year-old Sumerian clay tablets, and the herb was even found in the tomb of Egyptian King Tutankhamun. So this one has been around for a while.

When garlic cloves are chopped or crushed, a compound called alliin comes into contact with an enzyme called allinase, which forms an antibacterial chemical called allicin. Allicin is effective for destroying fungi as well as bacteria. Ajoene, another chemical compound in garlic cloves, can also be isolated to produce even stronger antifungal properties. Ajoene has been shown to be effective against a variety of bacterial and fungal strains, including *Candida glabrata*, *Trichophyton mentagrophytes* and *Staphylococcus aureus*.

The easiest way to take garlic is in a glass of carrot juice or blended into a green smoothie with a fresh apple and baby spinach.

Some people wonder if carrots are too sweet when they are fighting fungus, but carrots were the focus of a 1988 study in the Journal of Microbiology. Researchers maintained that

the vegetables are excellent fungus fighters. Some scientists have worried that carrots are too high in carbohydrates, but the antimicrobial, nutritional, enzymatic properties carrots have to offer far outweigh this drawback.

In fact a fresh squeezed carrot juice first thing in the morning is the perfect way to start the day.

Onions work just as well as garlic. With onions they are very aromatic and when you inhale them they also help kill the fungus in the sinus area that contributes to pollen allergies and sinuses that drain into the back of the throat. You might find your whole head clearing when you take onion as an anti fungal.

They even clear the eyes making the lacrimal glands work causing tearing.

Coconut oil is an invaluable part of the diet. Not only does it provide an excellent source of energy, but it has antifungal, antibacterial, and antimicrobial properties as well. You can combine four to six tablespoons of coconut oil with finely chopped onion and let that sit for a day, and then use that on the scalp for dandruff and itchy scalp. It can also be used topically to treat yeast on the skin and in mucus membranes. Olive oil is another one you can use for that.

Grapefruit seed extract is one of nature's best kept secrets. It's antifungal and antiseptic properties set it apart from many other natural substances that are commonly used as antiseptics or for Candida treatments. One study in Brazil showed grape fruit seed extract to be 100% effective as a pre-surgical antiseptic compared to alcohol's 72% effectiveness and surgical soap's 98% effectiveness.

Grapefruit seed extract can be taken internally to treat fungus and other fungal/bacterial/microbial issues. It can also be used as an antiseptic on the body and as a safe, natural, surface sanitizer.

Oil of oregano is another really good anti fungal. This oil has many uses, but its antifungal properties make it particularly useful in treating fungus and Candida yeast type issues. It can be taken internally, or it can be mixed with carrier oils, like coconut or olive oil, for topical use. Pregnant women should avoid the use of oil of oregano because some sources indicate it can be a uterine stimulant. Breast-feeding women should also avoid it because it can decrease milk supply for some moms.

For dosing, start out with 1 drop of oil of oregano mixed with a little water. (The undiluted oil can be very irritating to mucus membranes so be careful with that.) Take this 3 times per day. Over time, increase to as much as 4 drops diluted in water 3 times per day. But test yourself for dosage. Some people are more sensitive to this oil.

There is also an excellent product made by Garden of Life with oregano oil in it called fungal defense. It is a combination of oregano oil and enzymes. And is very effective in helping to eradicate fungus.

Like oil of oregano, clove oil is effective as a natural antifungal. It can be taken internally, or it can be used topically (although like oil of oregano, it should be mixed with a carrier oil like coconut oil.)



Use the same dosing strategy for clove oil that you'd use for oil of oregano. Start with very small amounts and observe your reaction, and test yourself for dosage and then Increase your dosage as needed.

As in everything we do in Quantum Techniques you can test each one of these antifungal supplements to see which ones will work for you.

Olive leaf extract is another effective antifungal. It's not as strong as grapefruit seed extract or oil of oregano, but it might be a good option for those who experience severe die-off symptoms with stronger, natural antifungals.

For dosing, follow the manufacturer's recommendations. Olive leaf extract comes in many forms and many concentrations, so it's difficult to advise a specific dosing regimen. As with all natural antifungals, it's a good idea to start out with a small amount and work your way up to a larger dose.

Pau d'arco is probably the weakest of the antifungals we've discussed so far, but taken as a tea or in capsule form, it can be an effective aid in treating fungus and Candida, especially if other antifungals are too strong for you.

Pau d'arco tea is a convenient way to ingest this natural antifungal. Start with 1/2 cup per day and slowly increase your dose to as much as 4 cups per day as you can tolerate it.

Another antifungal that I really like is chaparral tea.

Chaparral is hard to beat. The plant has strong antiviral, antibacterial, antifungal, and anti-tumor properties. Chaparral is also a great anti-inflammatory, and raises vitamin C levels in the adrenal glands. By strengthening the adrenals, inflammatory conditions are reduced in the body, stress responses are improved, immune function is strengthened, depression can be alleviated, blood sugar can be stabilized, allergies/asthma reduced, etc. Chaparral is an extremely strong blood purifier, which is probably in part due to its high sulfur content. Its sulfur content could also help explain its historical use as a hair growth agent.

In addition, chaparral is the strongest antioxidant I have seen.

The antitumor effects of chaparral have been verified in studies conducted by the universities of both Nevada and Utah. One of the things that makes chaparral unique in its ability to treat cancer is the fact that it "attacks" the cancer through multiple mechanisms. Since the majority of cancers have a microbial origin, the first mechanism is through the destruction of viruses, bacteria and fungi. Chronic inflammation has also been linked to the formation of cancers, meaning that chaparral's anti-inflammatory properties can inhibit some cancers. Chaparral can inhibit cancers triggered, or aggravated, by free radicals and toxins due to its antioxidant and cleansing properties. Chaparral's liver cleansing properties makes it helpful for hormonal induced cancers since the liver is responsible for the breakdown of excess hormones. And finally, chaparral inhibits mitochondrial enzymes, which in turn inhibits the cellular division of cancer cells. In short, this means it inhibits cancer growth.

Chaparral is very resinous, and people who try to prepare it as a hot tea will find it is not easy to prepare as a tea. Resins and water don't mix, and the resin will separate out and stick to the pan wall when trying to make the tea.

The resin isn't the part of the herb the body needs though. With strong desert herbs like chaparral the way to make the tea is to put about a fourth of a cup of chaparral leaf into a quart size mason jar, and then fill it with spring water and put the lid on it and put it in the fridge for twenty four hours. The part of the herb that the body needs will come out into the water all by itself.

I drink this tea while I am in a sweat bath and my body is thirsty so it travels faster all through my body. If you have a high fungus count in your body, just start with a fourth of a cup of tea three times a day. Like any other strong antifungal, and then work up from there.

The FDA tried to claim that chaparral was linked to 13 cases of hepatitis, though medical reviews subsequently found no evidence that the chaparral was linked to the cases. In fact, it was shown that many of the patients were found to have pre-existing liver failure, or were taking pharmaceutical drugs well known for causing liver damage. So a lot of chaparral products will say for external use only or have some sort of a warning.

So I guess I have to say, use it at your own risk. I always use it at my own risk, and I find it highly beneficial.

There are numerous supplements out there geared toward killing off fungus. There is MMS, Triguard and a number of other good ones. If you know of one that I have not mentioned here, test it to see if it is significantly helpful against your fungal infection and then go for it!

The next thing we want to do in our fungus eradicating program is make sure the bowel is getting plenty of friendly bacteria in it, and then we want to make sure we keep things moving.

There are also a number of probiotic products on the market to help keep the bowel functioning like it should while it is healing. Using muscle testing you can find one that works for you. It is a good idea with a pro biotic to have three or so different probiotics that test good for you, and then switch from one to the other every week or so. This way your body doesn't get used to one and slow down again.

Repeated courses of antibiotics can cause dysbiosis, or an altered bowel terrain. This in turn can give fungi a foot hold in the intestinal tract or encourage their over growth if they have already established a foot hold.

If this has happened to you, gas bloating, constipation, diarrhea and cramps likely followed. If these symptoms describe you to a T after following this anti fungal program for a couple of weeks, then it might be wise to find a couple of different good probiotics.

The function of the bowels is all too often a job that is poorly done by the body, and as you kill fungi, it needs to be expelled from the body. And even if you feel your bowels are functioning normally, I would recommend that you supplement with a non digestible fiber such as psyllium hulls or slippery elm.

Or even grind carrots into a salad, because research shows that the fiber in these things act as a sponge to the bowel, binding to and absorbing the mycotoxins and other poisons from the bowel and moving them out.

With psyllium husk, the powdered form works the best, and you can find that at any health food store. Be sure to read the label on what you purchase. Some brands of powdered fiber

contain sugar or artificial sweeteners that you should avoid while you are getting rid of fungus from your body.

Be sure to drink plenty of water while you are clearing fungus, and especially while you are taking any sort of fiber like psyllium.

If you are constipated and fiber fails to increase your regularity, there are a few herbs that will help increase your regularity. I know aloe vera can help with that. With aloe vera it is better to use the bottled stuff from the health food store. If you use the fresh be careful to use only a very small amount, because when used fresh aloe vera is one for those things that will move the bowels of a dead man.

However it is a cell proliferant and is extremely healing to the body. Cascara Sagrada or Senna leaf are also very helpful in getting things moving. These peristalsis stimulating herbs should only be used to get things going. After things are moving good, then you should return to just taking the fiber. You don't want to give your body a stimulant as a permanent crutch. You want the bowel to heal and be able to work by itself without the stimulant.

If you have ever experienced bowel blockage in the past or have had bowel surgery, you might consult your regular physician before taking regularity products.

If you suffer with severe constipation or rapid changes in bowel habits, you might want to check to see if you have a magnesium deficiency, thyroid disease or colon cancer behind this condition. If you have inflammatory bowel disease Crohn's disease or Ulcerative colitis or irritable bowel syndrome, you could really benefit from this antifungal program.

The momentum behind the idea of curing or preventing diabetes or heart disease or any other chronic fungus related condition with a diet and exercise program seems to build with each passing week as you heal.

Unfortunately, the idea does have a dark side. Although no one can be blamed for not knowing about the role of fungi in disease, because the cure offered involves a lifestyle change, it is easy to believe that these chronic conditions could largely have been avoided had a healthier lifestyle been in place from the beginning. This point may lead some people to conclude that they have done this to themselves.

"I've done this to myself so it's time for a change is actually a healthy reaction. However we do live in a society that spends a lot of time playing the blame game. As often as not "I've done this to myself is joined by now I am going to punish myself by wallowing in self pity or worse.

As we heal let's keep it positive rather than self destructive. So break the cycle of guilt by feeling gratitude for the information to get busy and get healing so you can love life.