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Quantum Techniques® Teleseminar

Fungal Infections and Quantum Techniques

Fungal Infections Series: Part 2

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For example, in our scans we may talk about the frequencies of virus, bacteria, fungus and parasite issues. We are only saying that we have often found those frequencies when our clients are in a non healing state. Commonly, people who manifest those frequencies over time experience patterns of deterioration in the way they feel. As those frequencies are cleared and the energy field is balanced, they typically experience a return to feelings of wellness. We cannot determine if the client actually had a virus, bacteria, fungal infection or parasite. We cannot determine if a client actually has Multiple Sclerosis, Parkinson’s disease, Manic Depression or HIV, for example. Testing for that is beyond our expertise. For those determinations, we refer clients to their M.D. or licensed health care professional for appropriate tests.

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Description:

Dr. Carolee Johnson talks about clearing fungal related blood sugar issues, and other chronic complications using Quantum Techniques, and how things like diabetes and its many complications can be connected to fungus. Codes will be given to help clear fungus and fungal related complications of diabetes.

Transcript:

Dr. Carolee Johnson: Good evening. This is Doctor Carolee Johnson. Tonight I am going to talk about fungus and how it is implicated as the underlying issue in diabetes and blood sugar problems. I am also going to talk about how fungus is implicated in the many chronic complications of diabetes and blood sugar problems.

One of my troubles while I was growing up was that I had trouble with low blood sugar, but this problem was never uncommon to me, because I had an aunt with diabetes, my dad had blood sugar problems, some of my siblings did, and some of my own children did. In fact I had one daughter that if she missed a meal, she would feel so weak that when she would stand she would nearly pass out.

After I started my own healing with Quantum Techniques, I found out I had a massive fungal infection. I probably had it all of my life considering I also suffered with eczema for 32 years. I started on anti fungal herbs and followed a strict antifungal diet for about six weeks, and pretty soon I started to notice that when it came meal time I wasn't weak and shaky and irate which was really nice.

But the thing that caught my attention was when I told my younger sister how I had improved using Quantum Techniques. And she thought she would give it a try. My little sister was diabetic, and I told her to make sure and tell her practitioner that she was diabetic and maybe they might could help with that. Well she didn't tell her practitioner. She wanted to work on other things, mostly hormone issues and constant bleeding. She figured the diabetes was incurable and couldn't be helped so she didn't even mention it.

After she had, had I think it was two or so treatments, I asked her if the constant bleeding issue had stopped, and of course she had changed her diet and followed all of the recommendations. She told me that yes her constant bleeding issue had healed, and then she said, "Oh by the way, I ate a whole box of crispy crèmes the other day and it didn't even make my blood sugar go up at all". I have to tell you I was dumb founded. And I said, um you did what? And she said "Well, I was feeling so good and my blood sugar has been stable, she says, I just thought I would see if I could get away with it."

Well she got away with it. But it's probably a bad idea to make that a regular practice. Because her symptoms will for sure return if she does. A couple of months later, one of my other relatives told me that she had gone on a candida cleanse because she was having trouble with vaginal yeast so often. Then she said "You know it's funny but since I did the candida cleanse

and the diet that is recommended with that, I haven't had any trouble with brain fog anymore and my blood sugar going way too high at all". So I started wondering if there was a connection with the diabetes and the fungus, and I started doing some testing and diet changing on my own children using QT who had blood sugar issues, and I got some pretty interesting results. So I started doing some serious research on this subject.

What I have found is what I am presenting here tonight, and I am going to be quoting some of David Kaufmann's, and Dr. David Holland's work.

Please keep in mind that I do not seek to persuade anyone to drop their doctors, or to stop any kind of medication, in favor of self treatment. My mission is to equip people with the information they need for maximum good health. One of the very best and safest tools we have is with Quantum Techniques. Because not only can you test for fungal issues, you can also test for other pathogens or toxins that might be contributing to your issues. And in any chronic issue testing is very important. And you can always work under the supervision of a doctor if you need to, even while you are working with your quantum techniques practitioner. I would also highly recommend that everyone go to the website at www.quantumtechniques.com and get Truth techniques one and learn self testing, because it makes a tremendous difference in your health when you can test all your foods and personal care products.

When you are working to reverse chronic illness knowing what works in your body and what doesn't can mean the difference between getting well and not.

So it is very helpful to know how to self test.

We also have physical scan level 2 for those who wish to learn how to find fungal, viral and bacterial problems on their own. And this product is on special at 20% off for the entire month of April. So it's a great time to learn how to do that.

Your coupon code for this product is SCAN that is S-C-A-N, SCAN.

In our previous teleclinic on fungus Dr Stephen and Beth went over many of the fungal issues in our bodies, and gave excellent advice on finding and clearing fungus and some of the red flags to look for if you think you might be suffering from a fungal infection. Some of the chemicals like antibiotics that kill bacteria, and promote fungus, and steroids that suppress our immune systems allowing fungal over growth were mentioned. They talked about fungus in many areas of the body and the problems that it can create for us.

That teleclinic is also available on our website at www.quantumtechniques.com, and I would highly recommend that you also listen to that teleclinic.

I am going to go a little more in depth on fungus and pinpoint how it figures into blood sugar issues, and talk a little more about antibiotics which are a chemical produced by fungi. Any chemical produced by a fungus is called a mycotoxin, so you will hear me talk about mycotoxins as well.

Fungi, our topic tonight, have a nucleus much like that found in human cells. They can reproduce either by themselves or in concert with other fungi. Among the pathogens they are by far the most complex organism in the group.

You know the connection between virus and chronic illness is well documented, and the roll of bacteria and chronic issues has also been well documented. But fungus and chronic illness has not.

Viruses consist of nucleic acid, DNA or RNA and a protein shell. Until they infect a host cell they are technically not alive. Bacterial cells have no nucleus and only one method of multiplying.

Medicine's focus on virus and bacteria and its exclusion of fungi is exacerbated by disease reporting methods. For decades the government has required that it be notified when doctors treat one of a wide variety of bacterial and viral infections, but they are not required to report fungal infections. This makes obtaining funding for fungal studies and disease very difficult.

Before we connect any dots tonight with fungus and chronic disease, let's take a good look at fungus food of choice which is sugar, and some of the nuts and bolts of how our bodies process sugar.

Eating sugar and carbs, which are quickly broken down into sugar causes the pancreas to release insulin into the blood stream. Insulin is produced by beta cells, which are located inside the pancreas's islets of langerhans. Cells throughout the body respond to insulin by acting to absorb the rise in sugar. When the sugar in the blood stream drops back underneath a given concentration, the pancreas tapers off its production of insulin, and sugar absorption slows.

Everyone pretty much knows that a malfunction in this process is called either type I diabetes, or juvenile diabetes, and type 2 diabetes which comes on a little later in life.

In type one or juvenile diabetes, the body turns against and destroys its own, insulin-producing beta cells. Scientists believe that an immune system malfunction is to blame, which is why they classify type I diabetes as an autoimmune disease.

They theorize that for reasons that remain unknown, the victims immune systems have mistaken the beta cells for invading viruses or bacteria. It doesn't really make any sense at all, but that's what they say.

So what if we were to dispute that auto immune theory, because it doesn't really make sense. The first autoimmune disease was diagnosed in the 1950's. Widespread antibiotic use started in the 1940's. What do you think the chances are that those two dates are a coincidence? Since then more than 90 auto immune diseases have been discovered. So a good question might be, could the haphazard use of antibiotics and the path they have opened up to fungal infection be to blame?

What would make our own body turn against us? Our bodies manufacture defensive agents programmed to recognize and attack only one, given type of invader. In other words, agents produced to find and destroy a group of measles viruses would swim right by a flu virus.

So the immune response that scientists theorize destroys insulin producing cells in type one diabetes, would, by definition be targeted at them specifically. The same immune response would be incapable of harming our other cells. So what that means according to mainstream theory, is that a type one diabetics immune system goes crazy for no apparent reason, but they do so in a very calculated fashion.

Kind of like a well adjusted mother of three heading out on her moped to slash all the right front tires on all of the white Ford Pickups, and then going back home to wash the dishes before the kids get home from school. It just doesn't make sense.

There is excellent reason to believe that fungus is the guilty party, but there really isn't concrete evidence in a specific naturally occurring case of the disease that fungi did in fact invade the pancreas. Doctors aren't required to report fungal diseases. So you really can't prove that a subsequent infection of the beta cells prompted diabetic's immune systems to send in a team. Still given what we know about the human immune system, fungi's MO and the beta cells, it just makes a lot more sense, than the auto immune theory.

So if fungus is the culprit, why on earth would fungus launch an attack on beta cells in the first place? What do they stand to gain? I think the answer is food. With the beta cells out of the way, insulin production drops to zero, and blood sugar skyrockets, creating the ultimate splurge opportunity for fungi.

With the destruction of the beta cells, insulin production becomes impossible. Without insulin, cells cannot absorb sugar from the blood stream, sugar that is needed for energy. Exhaustion kicks in. The blood sugar goes up, then the kidneys go into overdrive to filter out the excess sugar. We will talk about the kidneys in a little bit, because they are considered a complication in all of this.

So it kind of makes more sense to connect fungi into this serious blood sugar issue than to just accept the standard auto immune theory.

With Quantum Techniques we can focus on the beta cells specifically and test for fungus and their mycotoxins. You can also test for reversal in the beta cells, and see if there is anything else there that the immune system wants to attack aside from fungus, and I would suggest checking for mycoplasma, and then virus and bacteria.

And I am going to give a code right here to help clear fungus and their mycotoxins from the beta cells and in the pancreas. And it is worth noting that the beta cells don't all die at once. As the symptoms of type-one diabetes develop, you don't have to sit back and let nature take its course.

Fending off a microbe that has invaded the pancreas, joints or intestines may cause some inflammation and scarring. But if you step in with an anti fungal and low carb and low sugar yeast free diet before all your beta cells are infected, or before your immune system perceives them as being so. Maybe you could avert the problem.

That code is:

SH UN 3rd EYE CH IF LF G50 SH G50 LIV TH THYMUS MF LF LIV G50 SH UN EB E OE
G50 IF A UN SH UN CHAKRA PATTERN TWO, TWO TIMES WITH THAT CODE

In Type 2 diabetes, the problem lies with the body's cells in general, all of which depend on insulin in order to absorb sugar. For reasons unknown, their sensitivity to the hormone drops dramatically. In fact blood sugar levels remain high despite the presence of up to five times the normal level of insulin. Researchers label this resistance to insulin as Syndrome X. On top of that theory scientists say that diabetics have simply worn out their cells by eating too much over the years. That doesn't make sense, because as often as I eat, my jaws don't wear out. I walk and my legs don't wear out, in fact the more exercise I get the longer I seem to last. So it seems unlikely that our cells would just wear out from eating too much.

So how likely is it that fungi play a role in this insulin resistance?

Let's take a good look at what these microbes are capable of.

I'm going to use some twenty dollar words here, so I hope I can pronounce these correctly.

Fungi perform around 350 different hormone conversions. For example, the species, aspergillus converts progesterone, one of the female hormones, into des-oxy-cortico-sterone. Rhizopus arrhizus produces prednisone from the natural steroid, dia-os-genin. Drug companies use this ability to convert hormones to their advantage,. They use Asper-gillus to produce several varieties of popular cortico-steroids. Given a chance fungi will alter our body chemistries to suit their needs.

The question is what do fungi gain from converting our body's hormones into chemicals such as steroids?

It turns out that prednisone raises the amount of sugar in our bloodstreams. Ok so that makes a lot of sense. Fungi feed on that sugar. In other words they manipulate our body chemistries in order to insure their food source.

Scientists believe that prescriptive corticosteroids can lead to, type-two diabetes. The use of these anti-inflammatories also suppresses our immune systems, which in turn sets us up for a fungal invasion. I think it makes more sense that it is the invading fungi that causes the diabetes and not the cortico-steroids themselves.

Fungi and some of their mycotoxins can manipulate their hosts on the cellular level, as well. The mycotoxin patulin is produced by penicillium and asper-gillus fungi and is commonly found in cereal grains and some fruit juices.

Patulin and other toxins inhibit our cells ability to use oxygen. Although our own cells cannot survive long when this happens, fungi thrive. When cell respiration ceases lactic acid builds up in our bodies. This kind of build up is common in diabetes that has been allowed to spiral out of control.

Penicillium and asper-gillus molds also produce a mycotoxin called ochratoxin, which is found in corn, wheat, peanuts, barley and other grains. It can cause a type of cell death called apoptosis, which in turn depletes our supplies of a toxin neutralizing chemical called GSH. Fungal invasion can deplete GSH as well.

It turns out that GSH levels are directly connected to how the body uses insulin. Scientists have demonstrated that a drop in GSH renders cells less sensitive to the hormone insulin. This insulin resistant state matches those seen in type-two diabetes. Because diabetics typically test low for GSH, it seems clear that their bodies are under attack by fungi throughout the course of the disease.

So once again it is easy to see that fungi could very easily be connected to blood sugar issues.

I am going to give another code right here. This code is specific to clearing the pancreas of fungus, and raising GSH levels.

That code is:

SH UN IF MF G50 LIV CH TH THYMUS MF LIV C OE E EB IF SH EB 9G SH G50 UN

One thing I thought was interesting is the American diabetes association tells us that what we eat has zero to do with whether or not we develop diabetes. The organization also maintains that regardless of how well people control their blood sugar levels a third of all diabetics will suffer complications. Complications include blindness, kidney failure, cardiovascular disease and gangrene requiring amputation of a leg or an arm.

The ADA's position appears to be firmly grounded in logic. Seventeen million diabetics can't all be eating the same wrong thing. So if it's not the food, maybe it's just that we eat too much. But if simply over eating causes diabetes, then how have millions of overweight people escaped the disease?

I know some of you are thinking Aha! The answer must be - genetics!

In fact the world has never seen a more powerful tool capable of explaining just about anything to just about everyone. We go and jot down our family history every time we see a new doctor, we learn it in school, and pretty soon we believe we are destined to display the same weaknesses as our parents and grandparents whether we like it or not.

What we DON'T read about is the studies of twins who have grown up apart. In those studies, although the twins still appear identical, each twins medical history demonstrates a different susceptibility to disease. That's just one example from a growing bank of evidence that, in

regard to health, the habits and beliefs we learn from our parents can carry more weight than the genes we inherit.

So if twins who grow up apart display different levels of vulnerability to diabetes, while twins who grow up together – eating the same things, and learning the same belief system – do not, it has GOT to be the food, and the habits you grew up with! And then remember a third of all diabetics who dutifully control their blood sugar still suffer from complications of diabetes. That's like saying a third of all alcoholics who never drink again will still get locked up for DUI!

So that tells us there must be another factor at work. And once again that factor could be genetics, but as the studies of separated twins show, that explanation is overrated. But not only is genetics the ultimate copout scientifically, it convinces a lot of people to throw in the towel when they still have a fighting chance. After all why change your lifestyle if the final outcome is preordained?

I think that we have connected a few dots here, and it could very well be that microbial fungi are the mechanism in question. All things being equal, the odds are the same mechanism that causes the disease is the same mechanism generating the complications. We are going to talk about complications in a minute here.

What I want to know is, how common is it to find fungi and their mycotoxins in our food supply? As far as frequency goes, sugar is the staple food for fungus, so that would make grain a prime target. So all of the grains we eat ourselves or feed to our livestock are vulnerable to fungi. When livestock are fed mold infested grain or stored hay, this introduces mycotoxins into our meat and dairy products. So thank goodness for grass fed beef and dairy.

You would think the USDA would spend a lot of time and effort screening food for fungi and their mycotoxins, but they don't. Aflatoxin, a chemical excreted by the fungus *aspergillus* is the most carcinogenic chemical known to science. It is also the only mycotoxin regulated in America.

The limit is 0.5 parts per billion and 20 parts per billion for milk and grain products intended for the table. So Americans can ingest between 0.15 to 0.5 mg of aflatoxin a day. Livestock feed however is allowed to contain aflatoxin up to 300 parts per billion.

Now I want to take a second to point out one specific link to diabetes with regard to aflatoxin. And that is, that there is evidence that drinking cow's milk can cause type I diabetes in children. Current science indicates that it is mycotoxins in the fat cells of the milk that cause the disease, and not the milk itself.

Other countries screen for up to 15 of the most common mycotoxins, including zearalenone. Incidentally, mold generated zearalenone mimics estrogen, which can throw victims' entire hormonal systems off-balance. It is found in high concentrations across North America.

Now let's take a look at a few of the other fungal toxins. A number of these demonstrate specific toxicity to the human pancreas.

I am not going to try to pronounce all of the names to these mycotoxins because they are all more twenty dollar words, and I usually try to keep it down to the ten dollar and under words. But the three mycotoxins commonly found in corn and its products have been proven to damage cells in the pancreas. In fact, mycotoxins remain the prime suspect in the epidemics of diabetes sweeping Latin American populations for whom corn is a major staple.

Several varieties of fungus produce uric acid. When fungi produce uric acid, they manufacture the toxin alloxan as well. Even in low concentrations alloxan induces diabetes in laboratory animals. In one study, rats injected with alloxan suffered a drop in the number of beta cells in their pancreases, and a corresponding sharp drop in insulin production.

The rat's cholesterol and triglyceride levels shot up as well. The fungus *Aspergillus* has also been linked to diabetes. This particular fungus is often found as a contaminant in foods such as peanuts and corn. Besides causing ear infections, *Aspergillus* has also been shown to generate oxalic acid in large quantities.

Oxalic acid is a corrosive used as a cleansing agent in heavy industry. When ingested in sufficient amounts, it causes death by inhibiting our cells from converting carbohydrates into energy. It only makes sense that a much lower dose would simply slow that conversion down, on a chronic basis. That would lead to an abnormally high concentration of sugar in the blood – which is the defining symptom of diabetes.

So, do anti fungal measures work against diabetes? Sulfa – or sulfur based drugs count among the most popular, first line medicines used to control the blood sugar levels of type 2 diabetics. In the short term, sulfa drugs stimulate the pancreas to increase its insulin output. And it so happens that sulfa drugs are also excellent antifungals.

The sulfa drug bactrim is used to treat lungs infected with *P. carinii*.

P. carinii is a fungus.

Cholesterol lowering drugs called statins are antifungal. In one cholesterol study, overweight subjects who took pravastatin coincidentally lowered their risks of developing type 2 diabetes by 30 percent. As impressive as that sounds I believe that had scientists required the subjects to change their diets to a low sugar, low carb diet and begin an exercise program to burn off excess sugar, their risks would likely have dropped to zero.

Rather than using antifungal drugs though, I would highly recommend using natural anti fungals such as garlic which is really high in natural sulfur, and is probably the most well known all over the world. One of the phytoenzymes in garlic, allicin, has been documented to work against other microbes in addition to fungi. Many companies sell garlic as supplements but since allicin is best used synergistically with other enzymes contained in whole garlic it is best to just squeeze or grind a clove of fresh garlic into a glass of fresh carrot juice.

If your family or office staff start avoiding you, you can cut down the amount you take, or use fresh parsley with it. Or just tell everyone how good it is, and how good it makes you feel and

maybe they will start taking it too. In which case, they won't be able to smell it on you anymore.

Onions are also powerful anti fungals. I had always put onions in my green smoothie because I knew they helped clear the eczema in my skin, and I also knew they balanced my blood sugar. It was not until recently that I realized that what I was doing was controlling the fungus in both cases, because fungus was a common link in both issues.

But to sum this part up, providing a person with a degree of protection from diabetes by using an antifungal substance indicates that a fungus is necessarily involved in the disease's cause.

So we have shown how high blood sugar or diabetes can be connected to fungus, so now let's take a look at the other extreme in blood sugar issues, Hypoglycemia or low blood sugar.

The classic symptoms of low blood sugar are light headedness or dizziness, irritability, anxiety, paranoia, headaches, abdominal pain, nausea, heart palpitations, blurred vision, confusion, loss of muscle control and seizures.

Normally, our bodies are sophisticated at optimizing the concentrations of sugar in our bloodstreams. Hormones work to adjust that concentration to meet our needs at any given moment. So what is it that stops our bodies fail safes from working, aside from diabetic medications?

In this teleclinic there really isn't time to go over all the things that might contribute to hypoglycemia, but what I want to do is address an all too common situation.

Even though blood sugar levels test out to high to warrant a diagnosis of hypoglycemia, all the symptoms of the disease persist. Kind of like a pseudo hypoglycemia. This is where the connection to fungus seems to be.

Is there a fungus capable of causing the symptoms of hypoglycemia? In a certain study of vaginal yeast infections, many of the subjects demonstrated psychological and mental abnormalities along with the usual symptoms of the infection. Those abnormalities included poor memory and concentration, depression, lethargy, anxiety, hostility, obsessive-compulsive behavior, abdominal pain, nausea, and psychotic behavior. At a glance it really sounds like the symptoms of hypoglycemia are very much like the generalized symptoms of a yeast infection.

Because fungus can be sexually transmitted, men are just as prone as women are to contracting fungal infections, which include yeast. So if a person is suffering from these types of problems they might ask their spouse if they are also suffering from any of these symptoms.

Actually if you are living with someone with these types of symptoms and you aren't completely blinded by love then I think you will probably know. It's pretty obvious when you get a hostile woman in the kitchen, or anywhere else for that matter. You could just offer her a nice big green smoothie loaded with garlic and onions and she would turn into the sweetest woman you ever met.

In women yeast is hardly ever confined to the vaginal tract. Studies show that subjects with vaginal yeast tested positive for the same yeast in the intestines which led to invasion of the blood stream. Which would account for fungal problems, seemingly, unrelated to the primary vaginal or intestinal yeast infection. Yeast can also cross the blood brain barrier and infect the brain and nerve tissues.

So can colonies of fungi that have taken up residence in your body make you crave sugar? I think so. One of the things I notice in myself is right before I start to show symptoms of fungus in my skin or anywhere else, I always start craving the pasteurized juice and the high carbohydrate foods and grains, which I usually don't test well for.

Some people might crave sugar simply because they are deficient in chromium, but I think in most cases a craving for sugar is the fungus working to satisfy its own appetite. The starving fungi make us miserable until we eat in order to feel better. So let's take a closer look at that.

Fungi produce mycotoxins, which are poisons which can damage our tissues and make us sick. They can cause mental cloudiness, disrupt muscle coordination and even kill us. Alcohol is a case in point. Think about it – in fermentation, yeast cells consume sugar and convert it into alcohol. In other words alcohol is a mycotoxin. Anything that increases stress on a colony of fungus will increase the amount of mycotoxins the fungi produce. Pharmaceutical scientists put this factor into practice in antibiotic manufacture in order to increase production levels.

So say you have a colony of happy yeast in your intestines. They need sugar now. Normally you can go a few extra hours without eating but the fungus cannot. So you start feeling light headed and cloudy, so you grab the nearest thing available a soda from the machine down the hall. Within a few minutes you feel a lot better. Must have been low blood sugar you figure.

More than likely, the relief you felt had absolutely nothing to do with the availability of sugar to your own cells. In fact were you to have your blood checked it would fail to come back lower than 80 which is the required diagnosis for hypoglycemia. This is what you might call pseudo hypoglycemia possibly connected to fungus.

Fungi thrive on sugar. Without it they die. So, it makes sense that a low-sugar, low carb diet coupled with exercise designed to use up as much sugar as possible would do a lot toward eradicating fungi from our bodies. So if we connect the dots here then, then this diet along with anti-fungals should also work toward proofing our bodies against diabetes, and hypoglycemia or pseudo hypoglycemia as the case may be, and a myriad of other health issues.

Subtracting sugars from our diet works against fungi. ADDING broccoli and other vegetables also turns out to be antifungal. Broccoli works by reducing the toxicity of mycotoxins.

A 30 year study conducted in Finland demonstrated that babies administered vitamin D went on to achieve an 80 percent reduction in the risk of developing type-one diabetes. Incidentally the Fins suffer from the highest incidence of type-one diabetes in the world. Why did the study work so well? Like broccoli Vitamin D neutralizes mycotoxins.

Ok so let's talk about the complications of diabetes and how they might be connected to fungal infection. Because diabetics run a high risk of developing a handful of serious complications, including kidney disease, peripheral vascular disease, blindness and heart disease.

Many scientists theorize that excess sugar in the bloodstream causes all of these problems. But I have to disagree because if blood sugar really is to blame, then just controlling it should make diabetics stay complication free. But as many as a third of all diabetics develop complications regardless of how well they control their blood sugar. So there has to be something else at work here.

Diabetes is the number one precursor to kidney disease worldwide. So let's look at those. Ok inside of each kidney there are millions of little Nephrons which are made up mostly of blood vessels and tubing. These little microscopic filters work intelligently in that they return to the blood stream the things that we need and discard the rest. They also expel the excess sugar that collects in the blood stream when diabetes develops. Kidney failure most often happens when those tiny little filters become so damaged that they lose their ability to filter.

High Blood pressure, another complication of diabetes is partly to blame. Many scientists blame the rise in blood pressure on the excess sugar diabetics have in their blood too, but once again I have to disagree. This complication could be linked to fungus as well but I'll talk about that more in a minute, because it's not the only factor in kidney failure.

So what is the other factor in kidney failure? According to perhaps the most popular theory, sugar in the blood in excessive amounts poisons the Nephrons, which in turn leads to the kidneys eventual breakdown. In other words millions of microscopic filters in your kidneys can handle any number of other harsh acidic substances like urea from the liver, but when the sugar concentrations rise from 110 to 200 they weaken and eventually fail? Hmm.

There is no denying that damage to the kidneys microscopic filtering systems, the Nephrons, is more often than not what causes the organs failure. However, the idea that "toxic sugar" is somehow to blame for this damage seems a little farfetched.

I asked the question before, what leads type-one diabetic's immune systems to attack and destroy their insulin producing beta cells? Maybe we should ask the same question about the IgA antibodies that shut down the Nephrons and cause kidney disease. Why are immune system agents massing in the kidneys in the first place? Could it be that the immune system, just as it did in diabetes, is once again responding to an attack by a foreign invader?

It turns out that the Fusarium mold toxin de-oxy-nival-enol could very well be the mycotoxin that the IgA antibodies are defending the body against. De-oxy-nival-enol belongs to the trichothecene group of mycotoxins. Incidentally, mycotoxins in this group are 40 times more toxic when we inhale them than when we eat them in contaminated food. At any rate, exposure to de-oxy-nival-enol has caused IgA antibodies to collect in the Nephrons of mice. The Nephrons became inflamed and the animals developed IgA nephropathy.

In other words, although, scientists can ivory-tower theorize that toxic sugar causes kidney failure all they like, common sense and the evidence says that it isn't the sugar that's doing the damage.

You can use QT to test your kidneys, Nephrons specifically, for fungus and mycotoxins. Also test to see if the high uric and oxalic acids created by fungus are behind kidney stone energies.

I am going to give a code here to help clear the kidneys of mold toxins.

That code is:

SH IF 3RD EYE A TH G50 UN E MF LF G50 EB UN TH THYMUS LIV SH OE A C CH TH
9G CHAKRA ONE

Diabetes can damage the cornea, lens, and retina of the eye, giving rise to a wide range of vision problems. The most devastating of these conditions is called diabetic retinopathy. It is the most common cause of blindness in the United States. Close to 90 percent of type I diabetics and 65 percent of type two diabetics develop it within 10 years of the onset of their disease.

Theories as to what causes diabetic retinopathy remain mostly in conjecture. In most cases the problem starts with the tiny blood vessels in the retina of the eye, the many layered lining located on the back wall of the eye. Signs of the onset of retinopathy include swelling of the blood vessels that service the retina, weakening of blood vessel walls that in turn cause protein to leak into the retina, and finally actual rupture of those blood vessels.

There is not a one to one relationship between diabetes and retinopathy though. In fact some diabetics never develop it. This means that diabetes cannot be said to be THE cause of retinopathy. Clearly it must be the common factor between both diseases. Furthermore it must be that diabetics who never develop retinopathy started doing something right following their diagnosis.

It would make sense to say that the common factor might be fungus and mycotoxins.

Fungus and mycotoxins attack blood vessels all over the bodies, so it stands to reason that in such an attack the smallest blood vessels such as those in the Nephrons in the kidney and in the retina of the eye would suffer the most damage the most quickly.

The speed, the order, and the manner in which diabetic retinopathy occurs are all consistent with what we know about the abilities of fungus, which I don't have enough time to go over all of here.

I would recommend that people who suffer from diabetic retinopathy try an antifungal program under the supervision of your doctor with the help of your QT practitioner.

But I will give a code here to clear the blood vessels and eyes of fungus and mycotoxins.

And that code is:

UN G50 UN CH TH THYMUS LF LIV C E G50 SH EB IF A 9G SH MF UN CH TH MF LF
LIV C A E G50 SH EB 9G UN CH TH THYMUS MF LF LIV

Within ten to twenty years of developing diabetes many diabetics develop nerve damage. This can lead to numbness and tingling, burning sensations and chronic pain. The legs are the most frequently affected part of the body, but the hands and internal organs can suffer as well.

Damage to the nerves in the stomach or intestines can cause problems with the digestive system. Damage to nerves in the genital area can cause impotence. Other symptoms brought on by nerve damage, include dizziness, diarrhea, wasting of the muscles in the arms or legs, difficulty urinating, loss of balance and generalized weakness.

Doctors often treat nerve damage by addressing the burning sensation or the pain that accompany the disease. They prescribe medications. They are forced to focus upon the symptoms involved because no one really knows what actually causes nerve damage.

Some scientists theorize that high blood sugar levels poison our nerves. This is consistent with other theories about high blood sugar and complications of diabetes. Other scientists, who categorize diabetic nerve disease as an autoimmune malfunction, maintain that somehow our bodies attack their own nerves, which results in damage and scarring.

Controlling diabetes is often the key to preventing the progression of nerve disease. But it stands to reason, however, that controlling what caused the diabetes to begin with, as well as the nerve damage, would work better than simply dousing the symptoms.

We have already looked at how fungi and their mycotoxins can be connected to diabetes. Are they also capable of damaging the nerves?

It turns out that gliotoxin, a fungal, airborne poison produced by *Aspergillus*, *Candida*, *Gliocladium* and *Penicillium* mold species, is highly toxic to cells and nerves even in small concentrations.

Fusarium and *Aspergillus* mold toxins called fumo-nisins are also neurotoxic. Fumo-nisins are common contaminants of corn and corn-based products. The mycotoxin patulin has also been documented to cause nerve damage. Patulin is a common contaminant of apple juice.

In addition to the mycotoxins that directly damage our nerves, other mycotoxins attack our nerves in other ways. The mycotoxin citreo-viridin causes nerve paralysis. And *Aspergillus* toxin called malto-ryzine works to paralyze muscle tissue.

Finally the damage that alcohol can do is well-known. In fact, the type of nerve damage long term alcohol abuse often leads to is strikingly similar to that found in diabetes – numbness in the hands and feet, muscle weakness and wasting, and problems with imbalance.

Quite plainly mycotoxins are capable of damaging nerves. And it's a short leap from implicating them in diabetes, to reasoning that they also cause the nerve damage seen in diabetes as well.

The code for clearing mycotoxins from the nerves is:

UN 3RD EYE CH TH G50 E SH MF LF OE IF G50 SH IF LF MF SH G50 TH UN 9G G50
SH UN SH OE

In the essence of time I am going to skip over the basic definitions of cholesterol and assume that everyone knows enough about good cholesterol and bad cholesterol for me to just hit a few basic facts here on this complication,

In one of the original cholesterol studies back in 1913, researchers fed egg yolk mixed with sunflower oil to rabbits. The animals developed both atherosclerosis and high cholesterol. The scientists concluded that cholesterol must cause heart disease. What they didn't know was that sunflower seeds – especially in that day and age – were and are often contaminated with fungi and their mycotoxins. Additionally while we have yet to come across a study in which animals injected with pure cholesterol have developed atherosclerosis, several studies do demonstrate that injecting them with mycotoxins can cause the disease. These two facts together suggest that, more than likely, the atherosclerosis the rabbits developed in the 1913 study had nothing to do with the cholesterol loaded egg yolks and everything to do with fungi-contaminated sunflower oil. Incidentally, peanut and corn oils, both commonly contaminated foods, have also been associated with atherosclerosis.

An article in the 1996 American family Physician discussed the effectiveness of itraconazole vs. Sporanox in the treatment of toenail fungus. The itraconazole worked slightly better in eradicating the fungus. But more important for our purposes here, there was a fascinating piece of information in the “Oh by the way” statement at the end of the article. Fully 81 percent of the patients on itraconazole experienced a decrease in serum cholesterol levels.

This bit of information should have prompted a whole new discussion on what lowers cholesterol. Instead they just left it hanging, unexplained. Did they in fact discover a new cholesterol lowering medication? Just as importantly if itraconazole – an antifungal medication dropped cholesterol levels, was it a fungus or fungal toxin that raised subjects cholesterol levels to begin with?

There may be another reason why killing fungus reduces cholesterol. Because mycotoxins are fat soluble, and because lifetime exposure to mycotoxins is inevitable, one of the few resources our bodies have in defending against the potency of these toxins is to produce more cholesterol. Excess cholesterol then binds with and neutralizes the mycotoxins circulating in our blood streams.

The fact that the mycotoxin and drug, cyclosporine –A increase serum cholesterol levels is one example of this principle in action. Lower levels of mycotoxin would make cholesterol production unnecessary.

Further evidence involves cholesterol binding agents such as cholestyramine, and dietary fiber in the form of psyllium husk. Many scientists theorize that the reason these substances reduce cholesterol is because they bind it and remove it from our digestive systems. More likely, however, cholestyramine and psyllium husk and activated charcoal as well bind mycotoxins and remove them from our intestines. Following this action, cholesterol levels drop because we no longer need to produce it to eliminate mycotoxins from the blood stream.

In order to explain how fungi and their mycotoxins can be connected to atherosclerosis I need to explain a little bit about how this disease happens, and what composes the plaque that collects in our arteries.

Plaques are lesions, or scab like formations, that can occupy a small part of the inner surface of a blood vessel such as an artery, or completely line blood vessels for some length. Because plaque formation forces blood to flow through a narrower artery, it quite naturally leads to high blood pressure. Small lesions can be just as dangerous as the larger, longer ones.

The outside caps of these scabs are fibrous and scar like. The inside is a conglomeration of immune cells called macrophages and cholesterol molecules. Scientists believe that our immune systems macrophages converge upon LDL cholesterol because for reasons unknown, cholesterol molecules have become oxidized. In other words, oxidation causes the cholesterol to register as foreign invaders in our bloodstreams.

Once again I think they have underestimated the human immune system. Cholesterol's presence is a side issue at best. And it is highly unlikely that immune system agents deploy against essentially harmless, oxidized cholesterol. Rather macrophages are performing the job they were designed to do – defending our bodies against invaders. Our blood stream walls off the infected area and plaques are the end result. The same kind of thing happens in our lungs when we inhale histo-plasma fungi – our bodies defenses respond by casting shell like granuloma around the infected, inflamed lung tissue.

In the lungs that doesn't mean the end of the battle though. Fungi's spores remain dormant but alive inside such shells, ready to resume their attack on our body's even years later.

And consistent with that line of thought, it turns out that in terms of the degree of inflammation they cause, fungi may be the most immune-stimulating organism on the planet. In fact, in one key study, children suffering from yeast infection in their bloodstreams had some of the highest CRP levels ever seen.

Some scientists agree that cholesterol is not to blame for plaque formation. Unfortunately, they instead insist that Chlamydia bacteria cause the inflammation that leads to atherosclerosis and heart disease.

This is where QT comes in handy. We can test to see if it is one or the other or both, and also if there is any other contributing factor.

Certainly Chlamydia do frequently come in behind infections caused by fungi, taking advantage of our inflamed tissues weakened state. If they are responsible for heart disease, however, then the antibiotics known to kill them would also stop heart disease from developing.

It is well-known in the world of medicine that patients administered cyclosporin – A, a mycotoxin run a high risk of developing atherosclerosis. Doctors can reduce this risk by combining the drug with an antifungal called ketoconazole. Once again, because an anti fungal improves the outcome, it makes sense to think that a fungus or fungal toxin is at the root of it.

Atherosclerosis, diabetes and hypertension lie behind most cases of heart failure. Because fungi, in turn, could be behind each of these contributing diseases, it seems obvious that fungi and their mycotoxins could also be intimately involved in causing heart failure.

Evidence shows that fungi's mycotoxins are capable of causing injury to the heart itself, injury that leads to many of the symptoms found in the more classic form of congestive heart failure.

The best evidence of their direct involvement comes from a study in Japan, where a scientist by the name of K Uraguchi found a link between heart failure and the citreoviridin toxin of *Penicillium toxicarium*. A number of people who ate rice contaminated with this fungus suffered fatal cases of heart failure. Uraguchi notes that the number of cases of heart failure dropped when the Japanese government began enforcing stricter rice inspections.

The reduction in disease rates occurred even before recommending vitamin supplements became the norm in medical practice.

In a later study, healthy lab animals administered vitamin B1 or folate, were able to resist the effects of this same citreoviridin toxin. Folate administered after lab animals had already become sick proved ineffective. Along this line, it has also been shown that another mycotoxin called aflatoxin reduces folate levels in livestock. All of this evidence taken together suggests that the reason folate supplements work so well in preventing heart disease is because they act to limit the damage caused by mycotoxins.

In addition to vitamins, a number of antifungal drugs have been shown to aid in the treatment of heart failure. In our discussion of diabetes, I mentioned uric acid and oxalic acid and their roles in diabetes. Uric acid is also involved in gout, a very painful variety of arthritis that doctors at the world health organization have linked with fungi. According to a recent American heart journal report the same high levels of uric acid are also commonly found in patients with congestive heart failure. Putting two and two together, it seems obvious that drugs that treat gout might also work against heart failure. As a matter of fact, researchers in the UK have shown that a drug called allopurinol used to lower uric acid levels and prevent gout attacks, also improves blood vessels function in people with heart failure. Allopurinol also happens to be an antifungal.

It looks like we have about run out of time but let me quickly give you a code to help clear fungi and mycotoxins from heart tissues.

That code is:

SH UN E 3RD EYE TH THYMUS UN CH LIV C OE SH EB LF E 9G SH UN G50 EB CH 3RD
EYE LF

We have covered a lot of material, and I didn't get to the diet and supplement part of it like I had hoped so I will plan on doing a part three to fungal issues and we will go over a complete anti fungal diet plan including supplementations and products to help clear out fungus, and then each person can personalize this program for themselves by self testing with QT or with the help of your QT practitioner.

Good night everyone. Thanks for listening.