

In 1999, the **World Health Organization** stated: "Mycotoxicosis often remain unrecognized by medical professionals, except when large numbers of people are involved." For some reason, nineteen out of twenty of Quantum Medicine practitioners are missing the mycotoxicosis diagnosis and confusing its multi-symptom complex with allergies and all sorts of popular syndromes. Since mycotoxins come in 400 known different varieties with only a few dozen having been studied, they remain obscure and difficult to assess in clinical practice. Insidiously and imperceptibly these slow-motion killers induce inflammation and diminish immune function dramatically. Over the past 14 months, I have tested hundreds of grain products and only found a dozen products free of mold. This means that all patients are suffering from some degree of mycotoxicosis. Those with fibromyalgia, maldigestion, neurodegenerative and skin-lymph disorders have chronic mycotoxicosis. Stimulating the immune system (immunomodulation) or using anti-viral or anti-candida agents fails to correct the core physiological issue and RESTORE innate immunological competence and reciprocity.

Are you diagnosing & treating the Insidious Mycotoxicosis Epidemic?

According to the **World Health Organization**, Alzheimer's, multiple sclerosis, atherosclerosis, and cancer can be caused by mycotoxicosis (1981 *PCS Environmental Health Criteria*. 1990). Food is the primary way patients get poisoned by mycotoxins. In many epidemics of illness, mycotoxicosis was traced back to moldy grains. Our 14-month research on over 200 foods found only a dozen that were mold-free. We traced dietary mycotoxins to grains (cereals, breads, crackers, chips, or anything containing whole or processed grains) 75% of the time and to dried and fresh fruits, dried peanuts and dried herbal seasonings 20% of the time with only 5% coming from airborne exposures. The following are the primary mycotoxins:

- **Aflatoxins** - common contaminants of peanuts, soybeans, grains, cassava (a root), and apples (common in skin of apples stored more than six weeks after harvesting). If dry in grains, aflatoxins are activated hours after ingestion and reabsorbed into deep lymph channels and liver ducts causing acute mycotoxicosis (misinterpreted as allergies). In the 1960s, aflatoxins were found to be potent carcinogens in animals (*Cancer Res.* 1967;27:2370-76) and liver cancer in humans (*Mycotoxicosis in Human and Animal Health. Park Forest South, Ill: Pathtox; 1977:699-711*).
- **Ergot Alkaloids** - caused epidemic disease in humans from moldy rye grains (ergotism), common in central Europe from the 9th to the 14th century (1931 *Medical Botany. NY: John Wiley & Sons; 1977:416-18; Nat Toxins.1995;3:187-92*).
- **Fumonisin** - moldy corn caused 1988-1970 outbreak of equine leukoencephalomalacia in South Africa (*Environ Health Perspect* 2001, 109 Suppl 2:239-43). World Health Organization (WHO) reports fumonisins are universally present in corn and corn-based products and have been documented to cause equine leukoencephalomalacia and porcine pulmonary edema, and fatal diseases in farm animals. (*Geneva, Switzerland: World Health Organization; 2000. Environmental Health Criteria, No. 219*). In 1989 and 1990 fatal outbreaks of mold-induced equine leukomalacia, porcine prenatal and neonatal mortality, and porcine pulmonary edema occurred in USA (*J Vet Diagn Invest* 1991;3:238-241: *Appl Environ Microbiol* 1990;56:3225-26). Evidence of human health effects from ingestion of fumonisin-contaminated foods from studies in South Africa, China, and northern Italy suggest a strong link between fumonisin exposure and esophageal cancer. Other evidence of cell destruction, birth defects, and vagus nerve damage are found in the scientific literature (*Environ Health Perspect.2001;109 Suppl 2:239-43: Epidemiology* 1999;10:198-200: *Am J Epidemiol* 1999;149:1119-27; *Am J Epidemiol* 2000;152:1017-23).
- **Trichothecenes** - caused alimentary toxic aleukia in humans 1913 in far eastern Siberia and the death of at least 100 000 Russian people between 1942 and 1948. Affected persons developed necrotic ulcers in the nose, mouth, throat, stomach, and intestines, complicated by hemorrhage from the nose, mouth, gastrointestinal tract, and kidneys. Alimentary toxic aleukia, sore throats, persistent dry coughs, low grade fever from eating moldy wheat and corn (*Handbook of Foodborne Disease of Biological Origin. Boca Raton, Fla: CRC Press; 1983:351-495*).
- **Vomitoxin** - from 1961-1985 moldy wheat and corn caused multiple outbreaks of vomiting illness in China (*Toxicology Forum and the Chinese Academy of Preventive Medicine: Issues in Food Safety. Washington, DC: Toxicology Forum; 1988:56-63*). In India in 1987, nearly 100 persons became ill after they consumed moldy wheat products (*Lancet* 1989;1:35-37). In 1997 to 1998, almost 1800 US children became ill with vomiting, nausea, headache, and abdominal cramps linked to eating moldy burritos (*Morb Mortal Wkly Rep* 1999;48:210-13).

In her book, *Poisons of the Past: Molds, Epidemics, and History* Mary Kilbourne Matossian (a history professor) presented overwhelmingly convincing evidence regarding how mycotoxins in grains caused an epidemic of central nervous systems and killed millions of people from 1250 to 1750 (1989, *Yale University Press*). Michael R. Gray, MD of the Arizona State Division of Emergency Medical Services, states that mycotoxicosis "has been extensively described in peer-reviewed literature in the early and mid 20th century -- although this literature is not readily accessible on computerized databases, such as Medline and Toxline search systems, because these sources often do not include titles before the 1960's. Nonetheless, mycotoxicosis has clearly been demonstrated to have been the cause of several major human epidemics, usually involving ingestions of foods prepared with mold infested grains and cereals, or from the consumption of livestock which had been fed mold infested feed." Studies have documented that mycotoxicosis is a causative factor in Multiple Chemical Sensitivity Syndrome,

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respiratory and neurological disorders and that mycotoxins are carcinogenic, nephrotoxic, and hepatotoxic (*Arch of Environ Health. 1994 5:316-25; J of Toxicology and Environmental Health. 1993, 38:183-98; 1992. J of Pharmacology & Exp Therapy*).

A 1974 Environmental Health Perspectives researcher stated "...it is now known that certain areas of endemic liver disease coincide with consumption of aflatoxins and, often, malnutrition." Iris R. Bell, MD of the University of Arizona Health Sciences Center and other researchers measured abnormal brain wave activity after a mycotoxin exposure. Abnormalities on EEGs and other objective neurophysiologic modalities within fifteen seconds of an exposure, even when administered in a double blind fashion. (*1992. Biol Psychiatry, 32 218-42; 1990 Bull Psychomani Sci 28:405.8; 1968 Scand J Clin Lab Invest 21(97):77-89*). A.V. Constantini, MD from the University of California, School of Medicine, San Francisco has linked mycotoxicosis to gout, hyperlipidemia, atherosclerosis, scleroderma, diabetes mellitus, rheumatoid arthritis, psoriasis, and systemic lupus erythematosus. According to Constantini, "The dietary connection to environmental health is increasingly being made clear in that the causation of the major diseases related to diet are not due to the food but rather to the fungi and mycotoxins present in the food chain."

The health implications of mycotoxins in foods are far reaching because evidence exists documenting that one class of mycotoxins, aflatoxins are mitogenic to T4 lymphocytes, causing T4 lymphocyte deficiencies and cancer (*Br Med J 1988. 298:988; 1991 Annals Acad Med. Singapore. 20(1):84-90; Br Med J 1982.285:843.46; Toxicology and Industrial Health, 1992. 8(4):181-202*). While the Food and Agriculture Association in 1985 estimated that 25% of the world's food crops are contaminated with mycotoxins (high levels of mycotoxins were reported in peanuts, tree nuts, cereal grains, beans, and apples), today there is no trustworthy information on mycotoxins in foods. Yet, over a dozen studies citing the high carcinogenicity of mycotoxins in animals were reported by the Institute for Cancer Research with very little said about moldy food for humans.

Mycotoxicosis is a cause of clinical disease (*Trends in Genetics. 1992;8:132-4; N Eng J Med 1991;324:1060-64*). More than 12% of all Scottish houses were deemed affected by mold presence, and mold spores were considered as distinct health risks (*J Infectious Dis 1991;163:604-6*). Matossian examined official vital statistics of Connecticut for 1848-1900 and noted that mycotoxins in moldy grain strongly influenced the changing size of human populations (*J Nutritional & Environmental Medicine 1996;6:285-300*). Specifically, increasing total mycotoxin load increased mortality during some periods and decreasing mycotoxin content of grain supplies seemed to cause the population explosion during others. The mycotoxins that appeared to have played important roles include ochratoxin A (derived from corn), aflatoxin (from corn, peanuts and wheat), dioxynivalenol (DON) from corn and wheat), ergot alkaloids (from rye) and zearalenone (from corn and wheat) – (*Proc Natl Acad Sci USA 1993;90:80-84; J Nutritional & Environmental Medicine 1996;6:285-300*).

Deadly Deceptions & the Food Irradiation Effects on Increased Mycotoxicosis

The a recent *Natural News*, it was noted that the FDA was caught red-handed conspiring with the chemical industry to conclude that Bisphenol-A (BPA) is safe for adults and infants when dozens of other prestigious studies prove otherwise. The US National Institute of Health says BPA is dangerous with "effects on the development of the prostate gland and brain and for behavioral effects in fetuses, infants and children." This is not the first time that industry pressure has caused to FDA to rule that a deadly pharmaceuticals or chemicals are safe. The same seems to be evident in the food industry/FDA relationships regarding mycotoxins. To learn more about these issues go to: http://www.organicconsumers.org/articles/article_15353.cfm

The corporations that block information on mycotoxins are motivated by money and power. Sadly, the emphasis on profits over health has blinded many of the real truth about the mold found in the food and dietary supplement we consume.

Fresh, living and food has no shelf life. Just watch what happens to certain fruits like peaches or nectarines over time. First, the mold is microscopic and invisible to the naked eye. Then, about 7-10 days after harvesting, visible mold grows wildly all over the fruit.

The modern food industry tries to prevent food deterioration and mold overgrowth with the use of heat (pasteurization), irradiation and toxic chemical additives and chemical preservatives. Indeed shelf-life studies have revealed how temperature, moisture, and packaging methods can cause food to deteriorate and get moldy fast or slow. Epidemics wiping out entire civilizations or killing off millions of people have been correlated to stored grains that went moldy do to an exceptionally long rainy season.

The extension of the storage life of foods equates to more profits for big business and less nourishment for our bodies. While food irradiation does reduce some food pathogens and retard fruit and vegetable ripening by killing off enzymes, this effect potentially increases the overgrowth of invisible forms of microscopic mold. And, irradiation damages the genetic structure of mold spores and harmful bacteria like e-coli and salmonella (*J Bacteriol. 1973 113(1): 133-44 Int J Radiat Biol Relat Stud Phys Chem Med. 1970;17(3):205-215 Mol Biol. 1968 Jun 28;34(3):621-641 Nature. 1970 May 23;226(5247):708-710 Can J Microbiol. 1961 Apr;7:207-215 Appl Microbiol. 1968 Jul;16(7):1061-1066 Genetics. 1960 Jan;45(1):11-14 Mutat Res. 1969 7(2):248-251 J Gen Microbiol. 1968 Apr;51(1):97-106*).

Sadly, we are not being told the whole truth regarding these deadly health deceptions. In 1958 Congress gave the FDA authority over the food irradiation process under the 1958 Food Additives Amendment to the Food, Drug, and Cosmetic Act. Since then the FDA has approved food irradiation in nearly all our food. Even organic food and grains are irradiated. The National Institute of Nutrition in Hyderabad, India did research on animals fed irradiated wheat and found increased polyploidy (a condition in which cells have several times the normal number of chromosomes) indicating that mutation is in fact occurring during irradiation. Another study of five malnourished children

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produced similar results. One of the major criticisms of irradiated food by reputable non-government affiliated scientists in the 1990 Journal of Nuclear Medicine stated “...it might kill all the spoilage organisms without killing all the potentially toxic organisms, leaving a food that provides no scent that it might be toxic.” Food irradiation leaves no scent and visible clue of mutant infections or mycotoxins. This same journal also quoted Dr. Martin Welt who stated “...some sensitive nutrients, such as thiamine are depleted.” Gas chromatography/mass spectrometry has identified numerous volatile radiolytic compounds from irradiated foods (*Radiat Phys Chem* 38:62-68). Two groups of compounds, benzene (and its derivatives) and alkylcyclobutanones (ACBs) were found by the Federation of American Societies for Experimental Biology in food or supplements containing animal fats or essential fatty acids (*Lipids* 1972 7:1). When irradiated, essential fatty acid (EFAs) or Omega bottled oils and supplements are converted to toxic cyclobutanones, 2-dodecyl (2-DCB), 2-tetradecyl (2-TCB), 2-tetradecenyl (2-TDCB), and 2-tetradecadienyl cyclobutanone (2-TDeCB). These radiolytic toxins are not been found in raw or heat-processed foods (*Intl J Food Sci Technol*.1992 27: 691-96) and diminish vagal function dramatically because they are toxic non-polar lipids.



Clinical Solutions for Mycotoxicosis

As mycotoxins increase in the liver, lymph and connective tissues, immune, digestion and detoxification and neurohormonal mechanism decrease in functional capacity. Since first alerting the alternative health community of my mycotoxicosis research in 2002, I have made great strides in understanding how to detoxify mycotoxins (see 2002 Mycotoxicosis article at www.aagm.org . A new e-book **Food: Nutrition or Poison?** explains the results of my 14-month study on moldy grains. We only found few that were consistently mycotoxin-free and safe to eat. Since mycotoxins paralyze commensal probiotic cells and lock up immune responses in the direction of inflammation, some clinical approach is needed that will excrete them out of the body on a daily basis.

Keep in mind that both conventional and organic produce are irradiated today and that the health care industry is too busy profiting from the health misfortunes of those with mycotoxicosis to work on solutions. To make matters worse, there are no clinical products that actually detoxify mycotoxins. Since 2002, I have tried numerous strategies to eliminate mycotoxins. Recently, I found a way to ferment sea buckthorn fruit berries and *Haematococcus pluvialis* and was able to stabilize them with supercritical schizandria berries and sea buckthorn fruit berries.

Since all berries go moldy in 4-7 days after harvesting, it was a tremendous challenge to get this food concentrate right. Over \$250,000 of our own funds went into finding ways to deal with shelf life degradation issues. Why the fruit berries and not the seed oil of Sea Buckthorn which we used in the past? University of Delhi and Jawaharlal Nehru University (India) researchers found that it is the ideal raw food nutrature for gastric and duodenal ulcers or any kind of inflammation in the body (*Int J Sustain Dev World Trop Sci*, 1991, 31; *Himalayan Paryavaran*, 1994, 2: *Seabuckthorn*, 1991, 4; *Ecol.*, 1994, 1). It is rich in polar lipids and a wide diversity of amazing antioxidants and anti-mold based selenoprotein complexes (*J Agric Food Chem*, 2002, 50; *J Food Sci Technol Mysore*, 2003, 40; *Eur Food Res Technol*, 2004, 219; *Curr Sci*, 2005,88), and proved to be powerful nutrature for both human and commensal cells. Moreover it's anti-radiation and antispasmodic effects (*Hippophae* 1 (4), 1988; *Hippophae* 3 (3), 1990; *Hippophae* 2 (3), 1989; *Proc Internal Symp Seabuckthorn, Xi'an, China*, 1989; *J. Nutrition* 1:1, 1989) allowed for a quick release of mycotoxins trapped in the spastic biliary tract (*Hippophae* 6 (2): 1989; *J Chinese Pharmacology* 5 (1), 1989).

A combination of 2 Vcaps of AntioxaFood in combination with 20 drops of RejuvaFood-30x (soon to be 1 a Vcap dosage) nourishes and cleanses the of all mycotoxins accumulated on a daily basis in a patients diet. Given the fact that it is almost impossible to get the majority of patients to comply and eliminate moldy grains, providing them with the nutrature to eliminate mycotoxins on a daily basis is critically important because stored mycotoxins cause permanent neurological, psychological, immunological and pathological damage to the body.

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