

Combating the Fungus Among Us

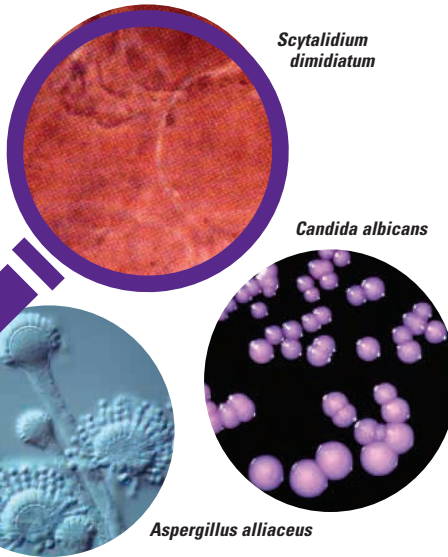
Winter's here and runny noses are everywhere. But think twice before you reach for those antibiotics. A fungal infection may be at the root of your symptoms. The same holds true if you are experiencing heartburn, constipation, skin blisters or any number of common ailments. There is a wide range of diseases that can be attributed to fungi, as they can literally attack the body from head to toe, and antibiotics are not effective against a fungal infection but actually tend to make them worse. Think you may have a fungal infection? Read on to learn more about fungi, how they affect the body, and how to combat them.

FUNGUS FACTS

Fungi are parasites, meaning they take from their host organism without giving back. Once they impregnate human tissues, they can only flourish if their dietary conditions are met. They do not contain chlorophyll, so they require a different nutrient source. Fungi need organic compounds, such as potatoes, bread, pasta, alcohol, sugar, and other similar foods, in order to survive.

Fungal spores are ever present in the air and on surfaces in our environment, and they routinely find their way into the human body. There are over 100,000 species of fungus in our daily environment, and roughly 400 of these are known to cause diseases in humans. These "harmful" fungi break down and form a secondary by-product, called a mycotoxin, which acts as a poison inside the body. According to Doug Kaufmann, a world-renowned expert in mycology and the study of antifungals, mycotoxins can be linked to a number of chronic infections in the body as well as such serious diseases as diabetes, arthritis, hormonal aberrations, cancer, infertility, and obesity.

Normally, fungi are controlled in the body by a properly functioning immune system and the body's friendly bacteria.



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The use of either antibiotics or oral contraceptives can destroy the healthy bacteria in the body and allow fungi to proliferate. A weakened immune system due to chemotherapy, or conditions such as AIDS, can also disrupt the balance of bacteria and fungus in the body. Fungal infections can take root all throughout the body, from the nasal passages, to the digestive system, to the skin on the feet.

Fungal cells and human cells are almost identical, both having a rigid cell wall and a nucleus. The nuclei of all fungi, like that of other eukaryotic organisms, contain a nucleolus and several chromosomes that are bound by a nuclear membrane. Fungal cells consist of amino acids, such as the sulfur-containing substance glutathione. And it is this sulfur reserve that makes silver such an effective antifungal treatment.

Choosing a Silver Hydrosol Preparation

When choosing a silver preparation, it's important to look for one that contains active silver particles that have retained their electrical charge and can react with the fungi within the body. Silver salts react and bind with water, leaving the silver particles in an inactive or less active state. Silver hydrosol, on the other hand, is an effective antifungal treatment. In a silver hydrosol preparation, the silver becomes suspended in water and maintains its electrical charge. Charged silver also attracts oxygen to the area, which can help to speed tissue healing and make the environment less hospitable for fungi. The silver particles should also be very small in order for them to be utilized by the body most effectively.

FIGHTING FUNGUS WITH SILVER

Charged silver particles can be used to combat fungal infections throughout the body. Silver attacks the fungus's reserve of sulfur, and breaks its disulfide bonds, rupturing the fungus's cell wall. Once inside the fungus, silver permanently binds with its DNA and keeps it from replicating. However, it is very important for silver to be electrically charged in order to be effective against fungus. Silver must carry a charge in order to be attracted to common structural proteins and enzyme sequences, like the disulfide bonds found within glutathione. Oxygen is also strongly attracted to charged silver, and can be carried to the affected area via the silver preparation. Oxygen is particularly effective in speeding up the healing process and creating an environment that is inhospitable to fungi.

Silver hydrosol is a unique silver preparation that does not dissolve in water like silver salt preparations, such as silver nitrate, silver acetate, or silver chloride. It can also be administered in a way that does not wipe out good bacteria. Sixty-five percent of the body's immune system defenses are located in the lining of the gut. In order to maintain a healthy immune system, it's important to maintain healthy or symbiotic bacteria. Silver hydrosol is absorbed buccally and via local mucous membranes and should not destroy healthy bacteria. Silver hydrosol can be used to combat fungal infections that occur throughout the body, from sinus infections to athlete's foot. ■

Head's Up – Fungus in the Sinuses

According to the U.S. Centers for Disease Control and Prevention, 33 million cases of chronic sinusitis are reported annually. Sinusitis can be caused by bacteria, a virus, or a fungus. But, until recently, it was thought that fungal sinusitis occurred only in rare instances. "Fungus allergy was thought to be involved in less than ten percent of cases," says Dr. David Sherris, an ear, nose, and throat specialist at the Mayo Clinic in Rochester, Minnesota. But his latest research indicates that fungus may be the cause of sinusitis in nearly all cases. "And it is not an allergic reaction, but an immune reaction," he adds.

Fungi in the aspergillus species are frequently the cause of sinusitis, as well as bronchitis, chronic runny nose, and tuberculosis. Fungal spores are inhaled through the nose and become lodged in the mucous membranes. As the body attempts to destroy the fungus, the immune system damages the sinus membranes, causing the symptoms of sinusitis. Common symptoms include runny nose, nasal congestion, headaches, pain in the jaw and cheekbones, and a yellowish sinus discharge. Killing the fungus prevents this immune system reaction.

Silver hydrosol is effective at treating sinusitis, regardless if it is caused by bacteria, a virus or a fungus. Silver not only works to destroy the cause of the reaction, but it also acts as an astringent and an anti-inflammatory to shrink the swollen tissue and speed up tissue healing.

Dr. Eric Rentz has been in active practice in Florida since 1985. He is a leading expert in silver hydrosol preparations and he recommends it to his patients who are suffering from sinusitis. "Symptoms will dissipate pretty quickly, faster than with any prescription drugs I can give them," he says. Dr. Rentz usually irrigates the patient's nose in the office with silver hydrosol and recommends that they continue using the product in both the nose and the eyes until the sinusitis clears up. Fungal infections typically require a longer exposure to silver than either bacteria or viruses.

FOR NOSE—5-10 squirts per nostril while inhaling; repeat 3-4 times per day. Also, 1-2 drops per eye; repeat 3-4 times per day.

The Middle Ground – Fungal Infections in the Digestive System

Fungal colonies can also be found throughout the digestive system. In the gut, fungi help to ferment the candida yeast that exists normally in the body. When fungi are allowed to proliferate, they cause an overgrowth of this yeast. Candida infections are the most common fungal infections in humans. They can affect healthy individuals as well as individuals with reduced immune system function. Patients who experience a fungal infection in the gastrointestinal system typically experience heartburn, bloating, diarrhea or constipation. They also tend to crave sugar, as the yeast needs sugar to grow.

Clinical research has proven the effectiveness of silver in combating both *Candida albicans* and *Candida utilis*, two common species of yeast commonly found in the digestive system. But, according to Dr. Rentz, silver must have an electrical charge on it in order to be effective against candida. Neutral or elemental metallic silver will not react with the fungus and bind with its DNA. Silver hydrosol can destroy fungus in the digestive system and restore the body's natural balance of symbiotic bacteria and yeast.

FOR INTESTINES—Swallow 1 tablespoon of Sovereign Silver along with 1 tablespoon of a high-quality aloe liquid product (for delivery) 3 times a day on an empty stomach. Go to bed with a probiotic.

The Bottom Line – Athlete's Foot Fungus

Athlete's foot is a common and annoying fungal infection that affects millions of Americans each year. It is a skin disease caused by the fungus *Tinea pedis*, which usually occurs between the toes. Fungi thrive in the warm, moist, and dark environment that can be found on the feet. Common symptoms include redness, itching, and dry, peeling skin that may even crack and bleed. Athlete's foot may spread to the soles of the feet and to the toenails and it can spread to other parts of the body, such as the groin and underarms, by those who scratch the infection and then touch themselves elsewhere.

Silver hydrosol is an effective means of killing athlete's foot fungus and healing the affected tissue. Dr. Rentz advises his patients to apply silver hydrosol to their feet directly after bathing and to follow this application with a treatment of benzoyl peroxide. This treatment method allows the silver to work synergistically with the oxygen in benzoyl peroxide to destroy the fungus.

FOR FEET—Wash feet first, then spray thoroughly morning and night. Follow treatment with benzoyl peroxide.



Editor's Note: Sovereign Silver™ from Natural-Immunogenics is the highest quality silver hydrosol preparation available to consumers today. It has the smallest average particle size of silver, at 0.8 nanometers, and is composed of 97 percent actively charged silver particles. It is available at natural health centers, natural pharmacies, and from health professionals. If you need help finding a store or health professional in your area, visit www.sovereignsilver.info or call Natural-Immunogenics of Pompano Beach, Florida, toll-free at (888) 328-8840.

Stories on pages 34-37 by Jennifer Savedge.