Fungi and Your Gut: Unraveling the Link to Whole Body Health Transcript

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Introduction to the gut-skin connection

Hey, everybody. As we continue our series on the gut body connection are brought in, an expert in the whole concept of fungal related conditions, especially with skin.

And so I have that coffin with me, who I think probably is the world's expert in terms of health related to fungal problems. Very knowledgeable on the body, how it interrelate with fungal issues and the gut and skin conditions.

Great to be with you, Doug. Thank you, Doctor Stengler. It's an honor. We've known each other for a long period of time here. And you know my background.

I mean, it was 1986. I had written a book. A doctor read the book, and he challenged me. He was from Johns Hopkins in Baltimore. He was a dermatologist, a well-read guy.

And he said, you said in this book that you thought skin conditions were from the stomach or the gut. This. Yeah, I very often do because I think food affects skin.

And he said, show me where that's. And he became angry with me until he got on a plane. His wife insisted. And he flew to California where I was. And he saw what I was doing with psoriasis.

And Doctor Stinger, when a doctor doesn't successfully treat or cure a patient, they'll find another.

Psoriasis case study and antifungal treatment

And so he was losing patience not understanding with psoriasis. He was one of 11 doctors on the board of the Psoriasis Foundation. And I said well doctor weekly what do you do for these people?

And he said, well, we came on top. We have him stand in a pool of UV light, you know, naked. And and that will help, you know, with their skin a lot. For how long?

Well, for, you know, a week and then they come back. Yeah. And I said this is kind of empirical, but let me tell you what I've seen with other psoriasis patients in California.

If we give them antifungal drugs, I don't know why. And this was, you know, in the 80s, if we give them antifungal drugs and restrict their diet, why do you restrict their diet?

Because I learned in a library in the 1970s that fungi need sugars or carbohydrates, brands, pastas, you know, fruits, etc. to thrive. Okay. That makes sense.

And so I started going to Dallas to see him one week a month for probably six months. And finally one day he moated. He said this is absolutely amazing.

Are you telling me all these conditions are fungus. Not all of them. But I think the majority of psoriasis does have to do with fungus. And he called the medical journal.

He was one of the editors of and they said, we don't want anything to do with fungus and skin conditions. And I sat there in his office feeling sad. I thought my ship had come in. I can go buy a new Porsche.

I'm going to be rich. You know all the important things in life. He had seen it. That's what was important. So he and the other doctors began referring.

I moved, relocated my family in 87 to Dallas, and he began referring patients to me. Soon, other doctors in the hospital heard of my work and began sending, other than just skin problems to me.

Fungus is a huge deal, you know. Can you explain to the viewers exactly? You know, they hear the terms Candida, fungus, yeast. Can you explain really what that is and how that relates to the gut?

Because that does sound strange a lot of people, but it's so fundamental to helping people, not just with skin conditions, but, you know, multitude of health problems.

What Candida and fungal overgrowth are

So everybody uses Candida, and that's Bill crook, John Trowbridge and these wonderful doctors, doctor Oregon Trusts who wrote books talking about the many faces of the yeast candied albicans.

Now there are many candidates, just like there are many Aspergillus. Aspergillus. There may be 100 species of these, but some of them, of the 2 million species we believe exist of fungus.

We have identified 300 of them. We've identified 70,000, but 300 of them are pathogens. They make poisons, invisible poisons. Imagine the problem. Once inside your body, a doctor can't see it through a microscope, and it's eating away at your tissues.

Some of these poisons are carcinogenic. And it isn't just Candida. It's Aspergillus, it's Penicillium. Remember, Penicillium is the mold, and the poison it makes is called penicillin.

It has to be poison to kill the bacteria. You know, that's growing through your body a little bit. Good. Too much bad. There's a darker side antibiotic.

So we've discovered about 300 of these fungi make secondary byproducts. They're called metabolites that are poisonous. More dangerously, they can off gas.

And they're gases, solids, liquids. They can off gas. This poisonous vapor. Once inside the kidneys, once inside the lungs, etc.. And doctors can't see it.

So it makes it very difficult. But they are treatable. As I was able to prove I'd said to doctor weekly, I have empirical data I think you're going to want to see.

Let me have a dozen of these psoriasis patients and watch with the diet and some antifungals. And he was overwhelmed as most doctors are now who. See.

I've seen that I've seen the patients just treat you know God and yeast problems in the gut and psoriasis starts clearing up. But it's more than that, right.

Because think about it. While psoriasis in medicine is very problematic, psoriasis because people get really nasty, skin conditions get painted discomfort in medicine, it's either topical mild treatments that, you know, the effectiveness wears off over time, or you go to the new biological medications, which can have some serious side effects.

You know, cancer, secondary serious infections. So about what we like to do. Most of these cases we can treat with an antifungal approach and healing the gut and all that.

But the point being is this extends into other chronic skin problems which are even more common. People get the reoccurring rashes, the eggs on the which affects my kids and adults. Tell us more about that.

How fungi affect immunity and chronic skin issues

That was how I started, you know, a skin clinic in 1987. And before long, the other doctors were seeing some of what was going on. You have to understand, 70% of the whole immune system is in the gut.

You mean we're feeding them? You mean it isn't under our arms? And here and it's top four legs. Now, those are the nodes, but the system is here. And so what takes a commensal, a normal, a God given yeast, Candida, in the gut and turns it into a, you know, spore forming mycelium, growing knees, antibiotics, alcohol.

Some of the foods were eating now are. It's unbelievable. Modifying the genetics. I read this book in this book in the early chapter says with seed of like kind over and over and over.

So I instruct you to eat these foods with seed of like kind. Then what have we done? Change the sea. Oh, yeah. Make them genetically modified and then wonder if they're going to cause us problems.

But empirically, your audience should know this. If I had cancer, the drug spore knocks. The toenail fungus drug spawn has now been approved to treat cancer.

Wouldn't one on colleges say. Wait a minute. A drug that just kills fungus is helping cancer? Could cancer have a fungal rule? But I talked these doctors into a skin clinic.

We saw granuloma on the large psoriasis. All these big names. I didn't know what they were. By the way, I had a patient from Texas who has that condition.

No, I gave her an antifungal, died and medication, and it cleared up tremendously. I I'd high five years fighting so many doctors now, you know, my wife and I often laugh about this after 53 years in this field.

There were times when I saw epiphanies like these skin that I'd call my skin doctor friends. My ear, nose and throat. My internal medicine doctor friend.

Not one return call today. I get calls from doctors wanting to know how to treat a patient with metastatic breast cancer or liver cancer, or one thing or another.

Skin problems. Doug, how do you do it? It's empirical. You'll find it published now, which is really exciting. We have found in 35 different types of cancer fungus.

Nobody knew that even a year ago. Now these big studies are showing it with skin conditions. It's taken me a long, long time. I would recommend those watching right now if they have a skin condition.

Do we? You're the medical doctor. You know, the natural medical doctor. Do we need drugs? I found diet was most important. Starve the fungus. What do they eat? Sugars.

Anything you chew up that becomes glucose like brain. That's a fuel source. There's a fuel source. Exactly. So you eat more protein.

Diet, antifungals, and practical treatment advice

No need. Avocados. And the things we were told 50 years ago. Don't eat the good fats and oils and so forth. But number two, when we talk about acid and coconut oils and we talk about something called meme and antifungal.

We talk about omega three fatty acids. These fatty acids have antifungal properties. So try that a couple times a day with your doctor's approval. Go on my diet.

It's called the Kaufman One Diet. And see if in a week or two you're not really improving. And the skin is looking much, much better. Empirical, yes. The patient never cared about the word empirical.

They came back and one time Doctor Weekly asked the nurse to put Kleenex boxes in the exam room. In two

weeks, they'd come back and say, could this have helped with my headaches?

Doug, this lump on my neck isn't as big now. Now the skin is doing great. Yeah. Could my constipation. It's really exciting. Once you begin to identify fungi, is the cause because doctors believe bacteria and viruses are.

So all these chronic skin conditions, rashes, reoccurring eczema, the stripes, all these things people got to be thinking got in yeast, fungal problems.

Can you tell us a bit more about how now that we understand the skin has a Michael biome as well? How is the gut and then the skin kind of related, because there is kind of a relationship between the guide and the skin, kind of even in a direct way.

You know, we found two years ago, Malaysia yeast up in the pancreas Malaysia. Yeast has to do with pancreatitis and pancreatic cancer. It's unbelievable that these little guys, what do we do when we get up in the morning?

Floss. Right, right. We're all over our face, our mucous membrane tissue with our hands and yeasts and so forth. It is unquestionably now that yeast can contribute to problems much deeper than the skin, but particularly the skiffs.

Closing thoughts on yeast, gut health, and skin

You know, God put it there as a protective mechanism. And so often we're getting into things that really throw it away. I think a lot of chemicals. There were ten, you know, in 1900.

Now there's 10,000. And so we really don't know all the answers, nor does the patient care what the patient with psoriasis wants. They see the ads on TV, take this pill and magically it's going to disappear.

But look at the sight of it makes me cry that they would put up with that, hoping they didn't get that. So try natural approaches, diet supplements, etc.. Wow.

Hey Doug, thanks so much for this great information and for all the viewers. Always keep in mind if you have chronic skin conditions, the gut skin connection back.

Remember that yeast problem in the gut, which often is the underlying problem which is causing not only the gut but the skin problem as well.