Introduction and Doug Kaufmannu2019s background

Welcome to another episode of Mold Mycotoxins and Chronic Illness. I'm your host Dr. Ann Shippy. And today we get to talk with Doug Kaufmann, who is just such a wealth of knowledge.

He's been at this for quite a while. He's the host of Know the Cause, which is globally televised. He started it in 1999 and now it's in over 200 countries.

Way to go now. And he's the author of The Fungus Link, which is a series of 13 books that's still popular after 20 years because it's still very relevant.

He published an article that's really, really important in 2014 and Oncology News on the role of mold and mycotoxins fungi and their role in cancer. So I really want to cover that today as well as let's get started with your story, how you became such an expert in fungus.

I know it hit you early in your twenties, right? You know, Dr. Shippy a lot of us have this story that it has been blown up because we have it. I mean, I was in Vietnam.

I was trained as a hospital corpsman in Vietnam. So basically, you know, LV and training by the Navy and then off to Vietnam, you go. And when I got back, nothing seemed to be right.

The personality of Doug Kaufmann, it went the back problems, the skin problems, the stomach problems. And I got to wondering if I wasn't a victim of Agent Orange and all of we Vietnam veterans think Agent Orange, and yet we tend to forget that we were soaking wet during monsoon weather.

We didn't have a little cabin with a key. We could go in. We're laying outside, you know, sleeping in the rain and so forth. And so we were constantly wet.

So I began to wonder if I didn't have a mold problem. I worked with Dr. Everett Hughes on a collaborative research paper at USC Medical School when I got back in 1971, and he suggested I couldn't take the elevator up.

Dr. Shippy I had all these problems. If I was on with other people, my heart would beat out of its chamber. Strange symptoms, definitely neurologic and physiologic and so forth.

And so one day, the doctor said to me, one of the doctors at the university, it sounds like you have a parasite. Did you eat raw meat? And I said, Yes, It's called Nuoc mam And some of the women over in Vietnam, in the operating rooms there, gave us some Nuoc mam and we ate it.

And he said, Pick up a book on parasitology and study it. One of the chapters I opened in a 1953 book on parasitology dealt with fungi that parasitized man and the certain of these fungi like Penicillium can off gas secondary byproducts, which are very dangerous.

In the case of one of the Aspergillus molds or two of them. Now we know that they're mycotoxins. They're called these poisons. They off gas cause human cancer and I know we'll delve into them a little bit, but it's because I have it.

Most of us in this field, it's because we were exposed to it. We tried to fix it ourselves very often and knew that little information existed in 53 years ago when I got into this.

Yeah, I think even now, a lot of times physicians only think about the life threatening, you know, massive infections and don't think about the chronic low grade infections that are really actually driving a lot of the physiology.

So what did you do that helped to write your books and start your TV show? And what did you do to get better? It was totally amazing how my life was just laid out for me.

I became a pretty good clinical nutritionist with all of these doctors I worked with because I understood from my own background that I may have a mole problem.

I worked in an ear, nose and throat office in Los Angeles for many years. Howard Gottschalk was his name, a medical doctor. And what an open minded guy.

Early illness, mold exposure, and discovering fungi

And it was so fascinating. One of her patients one day was waiting for an allergy shot and he came in and he had a little bowl in his hand and he said, Doug, you notice I haven't been here.

He's an engineer, one of the airlines. And he said, I haven't been here in a couple of months for my little allergy shot. And I said, I know I miss seeing you.

And he said, Well, do you know what this is? He took the cover off. And I said, No, I don't it look like cottage cheese. And he said, This is aged milk.

My mother gave me a bowl of this. If I take a tablespoon of this in the morning and a tablespoon in the evening, my allergies don't bother me. And of course, you and I immediately went on probiotics.

You know, we didn't know what that was. 50 years ago. Where? Yogurt. We didn't even know what it was. And I said, Well, that's really good. I'm sorry to see you go, but keep it up.

So it's ironic how many patients taught we, the health care providers, about these types of things. One day Dr. Gottschalk did a sinus surgery on a patient and they found mold growing in their sinuses.

And so he instructed Bob downstairs, a friend of mine who was a pharmacist to grind up nice and put it in a little sailing squirter and squirt it in the patient's nose.

And we saw that patient week after week, then month after month, zero problems, total breathing, open up the sinuses. And then, of course, in 1999 comes this Mayo Clinic study that virtually all 96.8% of all chronic scientists itis isn't bacterial at all.

Even though we give antibiotics to these patients, it's fungal. So and then this study came up here just six months ago for main universities, did a study on cancer, a collaborative study on cancer.

And they found in 35 different types of cancer, they found mold. I mean, this is just I am in the right. To say that again, because they think we went after people.

Listen to this. We don't we won't think about cancer the same way again. Right. We're I hope it's diagnosed with cancer. We're going to think, oh, we better look for mold.

So say the statistics again. This is really fascinating. The can cancer analysis reveals cancer types, specific fungal ecology, fungus. And they took the paraffin off.

You know, they have all these biopsies to prepare for It all began studying 35, 17,401. Samples they found in 35 different types of cancer, like you and I know, Dr.

Shippy, breast cancer, colon cancer, lung cancer, prostate cancer, brain cancer, etc.. They found mold, several different types of mold. And they were and this is interesting.

It came out of UCSD, San Diego in California. I think it was Harvard, Cornell and then the Institute of Science in

Israel. An epic study, just an epic study that showed that 30.

Five listeners, those are very, very reputable places. Of. Research. This right. Just a little side gig. This is. No. Revolutionary. The Weitzman in Israel, the Weizmann Institute of Science is a major, major school.

And biases really didn't exist because these doctors have no idea that cancer is growing. And, you know, we found in the in the microbiome and the microbiome, we find bacteria in some cancers.

But here they found fungi in 35 different types of cancer. And they went on to say, I highlighted this just for you, Dr. Shippy. Although our data do not establish causal relationships behind these clusters, they suggest that fungal spores but immunologically potent.

I mean, this is amazing. Are these fungi off gassing in breast lumps, a poison that is then enabling metastasis to occur? And, you know, and I know that in 2016 of the drug Itraconazole or Sporanox was approved.

It was repurposed from a toenail fungus drug to a cancer drug. Not coincidentally, I think we're going to find more and more these antifungal drugs. And as you know, antifungal supplements work to really heal beyond what we thought they would 30 years ago.

Mm hmm. Yeah. And we you know, the cancer rates are increasing, and we could probably correlate that with indoor environments getting more and more likely to have have mold in them.

You know, I lectured a few years ago at Ty & Charlene Bollinger Is the truth about cancer. That was about tens of thousands of people watched this thing, if not hundreds of thousands.

Here's one of my graphics. The similarities between cancer and fungi each thrive in a sac formation. We now know that polyps have a fungal etiology. Often we know that a cancer can grow in a lump.

They metabolize nutrients in the absence of oxygen. Well, we know that cancer tumors grow without oxygen in a little sac. So do fungi, each generated caustic poison called lactic acid.

Each depends on their host us for sustenance, proliferation and reproduction. Each thrive in the presence of sugar and dye, and the absence of sugar. Both emit volatile organic compounds that dogs can detect.

Both respond to antifungal medicines, and that list is just growing and growing and growing. That's beautiful Doug, I that's that creates quite a picture of the analogy.

It makes makes total sense. At very least. Shouldn't a physician rule it out? There are now mycology labs, take the breast biopsy, send half off to the oncology lab and and separated and send one to a mycology lab.

Do you see Aspergillus mole? Do you see Mycotoxins? Do you see Candida in that lump? Could this somehow be linked to yeast or mold. Which is really interesting because usually the cancer treatment is to suppress the immune system even more, rather than helping the immune system fight things up.

So it's it's kind of an interesting dilemma. One one really needs to have a couple of doctors, in my humble opinion. One needs to have a doctor they trust and love, and one needs to have an oncologist.

And someone just wrote me a letter the other day. I'm sitting here giving chemotherapy and I thought, What? It's a friend of a friend of mine, but it's okay because I've got donuts and diet sodas sitting here.

Taking. Chemotherapy in the chemotherapy chair. It's okay to drink diet soda and eat donuts. Cancer doctors are good people. I know several of. It's I think it's one of the hardest jobs.

Oh, can you imagine. Like a heart standpoint and really wanting to help people that. Oh, it's they really do. And unfortunately, their statistics aren't real great when it comes to oncology.

But these doctors believe that the person's going to die of malnutrition, which often cancer patients do. Fungi can do that. And so they give them anything, you know, eat anything, eat bread, pasta, eat anything you want.

Just to keep weight on ice cream and so forth. And I understand that mentality, but it's turning out. They're now studying the carnivore diet, the keto diet, so forth.

With cancer patients fasting too. Isn't this fascinating where this is going? I mean, I know you do a lot of this poi thank God for doctors like you who really see the big picture instead of the prostate instead of the brain.

You know the big picture. It's the whole patient that has fungus or cancer, not just a prostate. So. Well, this is a perfect segue way because, you know, I think for anybody that's recovering from mold and micro toxin illness, whether they have cancer or not, the diet is foundational.

And you've been teaching about this for a long, long time. So I'd love for you to share your wisdom on that foundational diet that you've been advocating for that really is just so instrumental in helping people to heal.

Mold, mycotoxins, and the cancer connection

We call it the Kaufmann One and Kaufmann two Diet, formerly the Phase one and Phase two diet, which clinically I got to see work over and over again. My background is I wrote a book on food hypersensitivity versus food allergy in the, I don't know, mid eighties.

Yeah, it's been one of the first people writing about that too. I was I was the. Pioneer in all these areas. We were the first laboratory in Los Angeles to offer food allergy testing, blood food allergy testing.

I set that up with four PhDs, but I digress. That was back many, many decades ago. It was so fascinating to me to understand that the reason food allergy exists is because gut permeability exists.

So I chew up my broccoli and I eat my pizza, and all of a sudden I'm allergic to broccoli and pizza. What those tests measure or anti antibodies specific to foods, but it was so fascinating.

Back in those early years, I wrote How Common Food Allergy was. I didn't know much about cancer. I was working. I went to the Washington University School of Medicine in a short time, and I worked with the woman who helped develop the Pap smear, Dr.

Miriam T. K. Bryant. She said, If you take exfoliated cells, take cells, spin them down slowly, expose them to food antigens and under a microscope, we can watch the foods impaired, the white blood cells implode or explode in the presence of these antigens. Wow.

I do have a diverse background that's. I like to. But I came all that way. But the books that I have written with regard to fungus all happened because of all these patients, maybe thousands of doctors, patients that I worked with.

Doctors lose patients when they can't fix a patient, their patients stop referring to them, etc.. And so a really nice physician from Dallas called me one day.

He read my book Food Sensitivity Diet, and he said, I think you're full of baloney food. I wrote a chapter in there that I thought skin problems were just inside, problems coming out on the skin. It makes sense because. White.

God is contiguous with the skin. It's all really the outside. It made perfect sense to me. But he was angry. His name is David Weakly, a nice man. So he was out of Johns Hopkins.

He had a big practice, huge practice here in Dallas. So he flew back to California, met with me, he and his wife, and he calmed down and he said, Well, prove it to me that psoriasis.

So I introduced in some patients. He offered me a five year gig if I would leave Los Angeles with my two little boys

at that time and my wife and moved to Dallas.

So we rented our home and we flew to Dallas. On about the third month. He called me into his office and he was mad and he said, Linda called today with the lymphoma and I said, Oh, yeah, I heard that.

And he said, Look at this. And he throws her chart in front of me. Her lymphoma is gone. What are you doing? And I said, Well, you authorize for Knox and nice stab and you're not telling me that you think lymphoma is a fungus.

And I said, No, no, I'm not. Here are the references back from the seventies and eighties that say very often these tumors have a fungal mycotoxins medially.

And he was blown away. He was so excited. He hired a family practice doctor to come in to the practice, and we grew the heck out of that thing because we could now see everything, not just skin problems, but I.

I got into this with ear, nose and throat problems that responded favorably to my stamp that we had back in the seventies and then expounded on that with skin problems.

Anything from eczema that granuloma on your Larry the to psoriasis and we were helping people left and right and some of those this is how I got into the cancer field some of those people said to Dr. Weakley he would examine them with me after I put them on my diet and on I flew him in my staff and he would say to them, How are you doing?

And they'd say, This is incredible. He started authorizing Kleenex boxes in every exam room because many of them were remote. I've had these migraines for 23 years.

I go on this diet and these antifungals and it's gone. Several of the people had tumors. Several of them brought Dr. Weakley, their oncology reports, their tumor markers.

We're all getting better. The lumps were dissipating and he sat me down. He and two other doctors sat me down one night and said, Tell us again, does fungi grow in lumps?

Mm hmm. You know, I mean, polyps have a fungal etiology sometimes. Sometimes there's bacteria they isolate in there. Especially the nasal polyps. Right.

Like that's been. Documented. How it's you have to think you have tumor fungal exposure. Thank you. And then that begs the question, are nasal polyps different than colon polyps, polycystic ovarian?

You know, I had so many women I worked with and I put them on various and sundry oils, essential oils, not essential oils, but omega three fatty acids, EPA, DHEA.

And there ovarian lumps began to dissipate. They would bring me reports from their doctors saying, you know, this is 50% better. What are you doing? All they're doing is antifungal therapy.

So more and more friends would refer your friends to Dr. Weakley. When I was there and my half day, three days a week job grew into Monday through Saturday, seeing all of these patients and it was exciting just by putting these people on an experimental antifungal program.

Sure, their psoriasis got better in most instances, but it was so exciting to see depression. It was so exciting to see other symptoms clear up. So I'm curious how long the patients were treated.

Like how long did they end up needing to be on the diet and antifungals. I want to really emphasize the diet. Come back to that to a little bit more because one with the out out the other, if you start really feeding this thank you fungus, but how long for the antifungals did you usually find was optimal?

I had to develop this back with Dr. Gottschalk in California and then I carried it over here into Dallas. We moved

here in 1986. I think you see the patient initially, if the doctor allows you put them on a systemic antifungal guessing that their psoriasis might be deeper than the skin.

You put them in a local antifungal because I did a little questionnaire back in California. Yes, you have chronic nosebleeds or yes, you have chronic sinusitis, but you also have bloating, belching gas, constipation.

You know, a lot of these patients say yes. So we put them on nice down, which is a gut antifungal and either diet flu can or back then it was Amphotericin B or NAIS or all the older generation antifungal drugs.

Then we'd see them in two weeks and it was at two week meeting that I lived for. I mean, I got out of bed to see these people in two weeks. The vast majority of them were so excited.

One time I helped a woman with her skin problem here at Dr. Weakley's office. She came back with her friend. I went out to the waiting room, said hello.

They came in. Her friend turned out to be her husband, a guy named Jim. He was the head of of Osteo Bone. He headed up the pain clinic at the Garland Hospital out here in Texas.

He said, My wife has had these symptoms. We've done everything you put her on a diet, give her antifungal drugs. What does this mean? I ended up for six months working with Jim at the hospital, helping patients with irretrievable pain get better with the antifungal program.

This is how it makes. Sense to like. Some people can really mount a huge inflammation response when they're fighting off infection and that inflammation can settle into the muscles and the joints and wherever you've had some wear and tear and caused a lot of discomfort, a lot of pain.

So totally fits in with the story to. What what we taught at that time was the C-reactive protein. And folks, it's a blood test. Your doctor can do to determine inflammation inside your body.

The C-reactive protein determines inflammation inside the body, but it doesn't determine what causes it. So I always used to teach the doctors that I worked with What makes bread rise?

Diet, antifungals, and patient recovery

Could that same yeast induced tissue inflammation and outside the pipe, the circulatory stream, we have nerves and as the pipe blows up, or is the tissue blows up on the pipe, nerves are compressed.

How that hurts horribly. I just wish in pain management, pain control we would begin to understand, would you have known for many years and that is a good antifungal program could even help with pain.

And that Dr. Shippy is what those patients taught me. Every time one of them would say, Would this have anything to do with my chronic back pain? Because, Doug, for two weeks I've been out of pain and I'd like a puppy dog.

Go to one of the doctor's offices, knock on the door. Hey, Jim, can you come in and listen to what this patient's saying? You give a doctor a fish and he eats for a day.

If you teach a doctor to fish as your office does, you can help so many of these patients. And that's what I learn. What I love about this dog is how you you were able to figure this out without data.

So. Right. So now we have so many tools. Like I know I can tell which one of my patients have fungi because our testing has advanced so much, you know, we can do a nasal swab and do PCR testing and find the fungus or in the digestive tract.

We've got we've got microbial markers that we can test in urine, right. And see when they're out of balance. So, So that detective work is so much easier now than what we were doing where we didn't, you know, have these

windows into the body and really be able to see the reality so that it's so impressive.

Working blind. You could you could find knowing that that that's what's going on with the patient. That's what the doctors used to tell me. Do you have data?

All I know is when I eat bread or I get into, you know, a beer or something like that, I feel horrible. I'm the rare guy who had a yeast infection. I used to play baseball, and one day I had to miss this.

When I got back from Vietnam, a softball league, one day I had to miss and I came back into the dugout. Doug Maury told me, You have a yeast infection.

They all just roll laughing. You know, I'm the first guy with the yeast infection, and we should expound on that. Men have yeast infections, too. I tell them.

I know. I tell men, do not drink alcohol. Do not be on the antibiotics before you go in and see a prostate. Doctor, I tell women, you know, before you get a pap smear or even a mammogram, stay away from alcohol for a period of time.

These are inflammatory enhancers. And so I think they can drive up the PSA number. It's just experience, really. The data is now there. 53 years ago, I was a lone wolf.

Today, I this was so exciting. 2018 or so. Now 2016, I spoke to the alternative oncologists. You and I love this. It was in San Diego. I'm not a physician.

So to get CME units, you know, for me, every graphic has to be turned over to their board, every one of my graphics, and they approved them all. And I gave a lecture teaching.

You could have heard a pin drop in that rookie audience. Oh, it was amazing. They were from Japan. They were from all over. And I'm telling you, my knees were knocking.

You know, here is a group of oncologists. I'm going to tell them you don't know the cause of cancer, but I do. And when I put the graphic brave, that's bold.

When I put the graphic up. This is a book, Breast Cancer Hope at last, that these three doctors with the World Health Organization wrote. One of them became my friend.

And I read this book and listen to this. Are penicillin and other antibiotics carcinogenic in humans? Certainly physicians would not believe such a risk exists for penicillin, an antibiotic given to billions of humans.

However, it is by definition a mycotoxins and mycotoxins do cause cancer. We now know that the risk of many cancers breast, colon, lung, etc. go up the more antibiotics we take so and alcohol now and other mycotoxins is intimately linked with, you know, seven or ten kinds of cancer.

So these things we have to understand. And that's when I really delved into the diet and began to see I was the first guy I think with the antifungal well it's not true the caveman when he would beat on the head, you know, I'm dragged back to his cave, pull up from the ground or pluck off a tree and eat.

I was kind of the caveman guy at the Kauffman Diet. But we know that fungi are fueled with carbs, meaning sugars. So we know that to limit your carbs.

And most people think, oh, I don't eat candy, but you chew bread and you eat pasta and this converts to glucose the sugar when you swallow it. So this enables the fungi to thrive and party and have a great time as you're feeding them.

And don't get me started on alcohol. That's just it. Boy, I stopped that so long ago when I did my studies. So there

are foods and people ask me, Doug, why do you allow green apples on your diet?

And not because one day I got a haircut in 1973 and while I was waiting for the barber, he had an old Woman's Day magazine. And on the cover it said, there's less sugar in green apples than red apples.

I was a lone wolf. I had a library card we didn't have. Hey, Siri, You know, back then I had a lot I had to get a library card and go to a couple of libraries and do my research.

So we now know that fungi are fueled with carbs, so we stop eating carbs. And I'll go back to an earlier statement I made with the ketogenic diet or the very carbohydrate sparing diet, the carnivore diet, which is a zero carbs keto go 5 to 7 8% carbs.

My diet offers a little more carb because I was worried 50 years ago that I was not. People would die without carbs and now we know differently. But the I'll never forget eating with Dr.

Hughes at USC Medical School we had an avocado tree out back and so I cut up a couple of avocados. I had no money, you know, and I take them and some really nice registered nurses and dietitian sat across from Dr.

Hughes and I and this one woman said, you know, I notice you eating avocado every day. And I said, Yeah, I'm a little broke and I have an avocado tree.

She said, Be careful, young man. That leads to heart disease. Now, that's the break. That's where we were many years ago of misinformation. Misinformation and disinformation.

But at any rate, mine has been 50 years of anecdotal data, you know, compiled from wonderful patients who had to sign a release. Yes, I know this is experimental for my psoriasis.

Is it fungal? I don't think so. But I'm going to allow you to give me a couple of antifungal drugs and I'll follow Doug's diet for a few weeks. The rest was history. Cancer.

You're looking at a long program. When we used to bring the patients back to Dr. Weakley, it would be two weeks, then two weeks. At that point, we try and separate them from drugs that maybe have had no toxic toxic to deliver.

Some of them wanted to see how nights they happen, which is only a gut antifungal, which is it doesn't induce hepatotoxicity. And I learned about things like a pearl, like acid and omega three fatty acids and lauric acid, all the things you thank God for doctors like you have in your practice that seem to really do the same job without the side effects.

But so what are your favorites over the years of the natural antifungals. A Dr. Weakley allowed me to begin seeing patients who were listening to an old radio show I did on weekends, but to come in for free.

We dedicated time to these people and some of them had lung condition, some in all multiple symptoms. And I went down and bought a case of apple cider vinegar, you know, malic acid.

And I would hand out a little bottle of apple cider vinegar and every one of these patients, they were poor, They didn't have money. They couldn't afford to come see us.

But I'll thank him forever for what he did. And I give him, you know, I'd say take a teaspoon of this, stir it and six, eight ounces of water, drink it a couple of times a day, but don't eat these foods.

And then we'd see them again in two weeks. And it was nothing short of amazing. So I started liking very inexpensive apple cider vinegar today. My favorite I really think is copper like acid.

These this and lauric acid are the fatty acids from coconut and they really get the job done. I'm enamored with Neem which is an Indian antifungal. I love curcumin for its antifungal and anti-inflammatory properties and I've

studied I ended up going to a school, an herbology course with two doctors I was working with at the time and we on our drive home went to this amazing I'd been through medical school.

I learned more in that Herbology session than I did in medical school. So my hat is off to physicians who were traditionally trained. I would be ethically trained and in a meeting with patients in the zip this and open these and learned the patients would tell me, Doug, every time I drink beer, my skin gets worse.

You didn't need to spend $200 to stop drinking beer. What else? Well, brands seem to do the same thing. You learn from all these patients and you finally put a little program together.

And that's what my diet was. It's void of breads. It's for you, too, grains, because grains can harbor these fungal metabolites in them. Peanuts are another very common source of these fungal metabolites.

The star show nuts are also so through the years, as you can imagine, Dr. Shippy my 50 year old diet had to change a little bit. Purists say no, no carrots, too much sugar in a carrot that's high on the glycemic index.

A foul caramel is a is a phytonutrient in a carrot that's powerfully antifungal. So God did it right. You know, man messes it up, but God did it right.

And it just it makes for a happy patient when they can eat lots of food, when they can take a few supplements. I always recommend parasites. I don't know where you. Yes, I do.

I always recommend that people get into an antique. Who am I talking with? Dr. Shippy An anti parasite program. And I know. It's so important that they they definitely, when they're present, Rick, wreak havoc.

Yeah, they really. Do cause a lot of inflammation so it's harder to to get people detoxified and recovered if they're some of those critters on board that are also adding to the information.

Scourge and things like my benders all and some of these drugs we've learned these antiparasitic drugs through the years are helping people with cancer.

How can that be? A doctor is not going to prescribe that. But anything that would kill a parasite, obviously fungi parasitized we humans. So we need an antiparasitic program, which the antifungal program is.

Here's what I one of the graphics I put together for this group of oncologists here are Miko toxin de activators and supplements that inhibit mycotoxins proliferation.

Psyllium binds mycotoxins activated charcoal, bentonite, clay and acetyl cysteine, a precursor to glutathione, alpha lipoic acid curcumin trans resveratrol Chlorophyl is chemo, protective zinc, garlic.

And I have all these books that talk about deactivating mycotoxins and they're so technical, but they're using them in the agricultural industry to keep cows.

Like that's been one of the huge ways that we've gotten to have actual data on Mycotoxins is it's such a huge issue with raising animals because grains.

I think that's part of why why you know, so many of these animals are fed grains and they're just loaded with mycotoxins. So so they really have to learn how to mitigate it or or not have the the mycotoxins in the grains.

But that's a that's a tough. Task they're doing. I mean, they're they're really looking at mixing zinc and other things and ruminant feed and so forth.

I talked to a doctor who said a horse got in a moldy hay, spontaneously aborted, vomited. So dioxin available. One of these mycotoxins is also called Obama toxin and it made the horse vomit.

It's fascinating to talk. Every farmer knows today what I wish every doctor knew today. Is there an infertility link you can bet on it? Is there a with zero unknown, which is now in our meat supply and corn and so forth?

Is there a, you know, a breast cancer link?

Natural antifungals and avoiding mycotoxin exposure

Yes, there is. And yet we are the only. That's not true. Australia does also. Canada does also. We allow zero in on we have a synthetic zero and on this is mycotoxins from pure cereal mold.

We take baby cows and drip it into their body so they'll grow within three weeks, six weeks, very quickly. Antibiotics and this zero info and yet this zero or zero unknown is, in my humble opinion, not safe.

If you eat meat, eat grass fed grass, finished meat. I have always said there are two kinds of meat and you need to be careful out there if you're concerned about disease.

That's such a great reminder here and it leads to so many different questions. I think it really is interesting. We we we think our government is pretty strict about things, but it's really not.

Most countries are much stricter on the micro toxin regulations for all food and they wouldn't allow adding a micro toxin to animal because they understand that when you feed that animal, give the animal a micro toxin, it's going to be in the animal flesh.

Thank you. And then what do we do? Especially cows. We drink their milk, we eat their yogurt, we eat the meat. It just blows me away. And you brought up a really good point when I presented on cancer of this data.

There are currently six possible probable or known mycotoxins therefore fungi are known to cause cancer or possible or probable cancer causes, and yet only one is tested by the FDA.

And I spoke with one of the testers and it's amazing how little testing is done. But if you're eating peanuts, I'd encourage you to, you know, look at pecans instead.

If you're eating greens, this might be a good time to stop the breakfast cereal. This morning. I had a grapefruit, a whole grapefruit. Normally I'll eat a green apple or a bowl of yogurt or something like that, but I make sure it's not from an antibiotic or zero unknown infuse cattle.

So this means you're staring right down the plate at a pretty paranoid guy when I go out to dinner. Excuse me, Is the state grass fed grass finished? I don't know if it's grass finished. What's that mean?

In the United States, a farmer is allowed to the last month of the cows life to load them up on grains. Well, that's where the mycotoxins are. And then sacrifice them for our meat supply.

Grass finish means you don't get that last month to load them up on corn and so forth. So their decisions all of us need. I think meat is quite dangerous.

The American Medical Association says meat is linked to so many problems and it is, but it isn't the meat. It's what's added to the meat, in my opinion, that causes all these problems and, increases women's risk of breast cancer and other cancers.

I agree. And then there's the piece of how you cook it after you've really browned it and burned it. That's a barbecue. Also the carcinogen. So what's been added to it and and how it's prepared?

You want to cook the meat? The grass fed grass finished at a low temperature. You know. You know, it'd be a great show for my show. No, because you and I walking into a restaurant.

Often do it. And then having the waiter. Hi. Can I start you with a drink? You know, and here's a glass of water. Well, okay. Is this purified water? Yes, it is.

I know it has ice in it. Was that pure? You were there. You and I could do. We would be a hit on TV. Just you and I walking in and asking the right questions.

Well, and that's the key, right? Knowing the right questions to ask with all of this. So, you know, one of the smallest sources of food is coffee. And so because and again, it's not regulated like they can be a huge source of mycotoxins and it's really left up to individual countries, companies to to test it.

So, you know, before you buy your coffee, make sure that it's from a a company that's really mindful of at the micro toxin levels. And what I understand from those companies is it's getting harder and harder to source low to know micro toxin coffee.

Do you know? Dave asked. I do, he said. Do you remember. Dave? Oh, my gosh. Remember when he came out? He was hit 40 different ways by medical war. Like coffee's going to hurt us, you know?

And yet he isolated some mycotoxins that I had studied. And indeed, they're good companies. You know, pure coffee has a good mycotoxins. But there are more and more companies out there, and they're quite expensive because of the assays.

So they have to run on the coffee before it goes in the packaged coffee. It's funny the the studies link coffee ingestion to longevity which is so some of these finding mycotoxins free coffee out there.

Exactly. Longevity is a whole nother fascinating field. So interesting. Yeah so I think a lot of times it's important to know the details behind. That's what I mean.

You and I walking into a restaurant would be the craziest thing in the world. People would roll laughing at what we would ask. We have my wife and I find that we don't eat out very much at all.

We might take the kids out once in a while, but we can go to a real health food store and they're changing also and get foods that are organic and pure.

We know the sources and I just I'm having such a good time in my old age. I want to continue this as long as I can. And I a mom had ocular melanoma and died.

Dad had prostate disease and died. That sperm and egg became me. So genetics isn't I don't rely very heavily on the hand that I was dealt knew and I have studied epigenetics, so Dad never exercised in his life.

So I go out and push hard. And I ran the White Rock half marathon on my 50th birthday. And I just think it's so important that we detox by dripping. I call it sweating especially, you know, it's harder.

And I watched what dad and mommy eat. And so I don't eat those because I want to live as you won't live a second longer than you're supposed to. But I want to live that being healthy, getting on the floor the other day with our little 19 month old granddaughter and she claims on my back and I think what 73, 74 year old can do that.

But I feel so good. And that's all part of this antifungal program. It isn't specific to prevent cancer or coronary artery disease or diabetes. But it's interesting to note here, how does the scientist give study animals?

It's inhumane to have a new diabetes drug and try it out on patients. So you try it out on animals first, usually rats, mice, etc.. The way we induce diabetes in study animals is by inoculating them with strep.

Does autism or Bartholomaeus to mycotoxins and you do this for months and then they all end up with beta cell collapse. You know, with diabetes. How do you give cancer to study?

Has it just you're probably using words that people don't understand? Oh my gosh, I never thought I'd use words people didn't understand. Yeah. So these are old antibiotics that are no longer used in medicine.

They're used in research to induce reactions. In study, animals. But they're in they are Mycotoxins, Right. They're antibiotics. Mycotoxins. Right. Thank you.

Thank you. So the the bottom line is we know that Mycotoxins can induce diabetes. Now just go with me. How do we do it? How do we infuse cancer into these animals?

We use a different mycotoxins to induce animals. This one animal cancers in all the cancer and all the animals they inject. This one is called aflatoxin.

It's an aspergillus mold. So you inoculate these animals and soon they're bleeding or they get lumps and bumps. Now they can study their medication, but it's a micro toxin.

How do we induce neurological damage? Alzheimer's type. We use another mycotoxins to induce it and and we can go on with cardiotoxicity, etc.. We use fungal mycotoxins that sometimes are in the food.

We very often nuts and grains and so forth. I have to wonder, Dr. Shippy, when that scientists home and all those camps, all those rats now have cancer, you know, he goes in, he says, Well, honey, we did it high five, you know, porous, a drink.

How how did you do that? I mean, just, you know, because cancer is a huge problem in America. Well, I don't know. I have these little vials of stuff. What's it called?

Could you look tomorrow? It's called aflatoxin. What is aflatoxin? I don't know. All I know is I inject all these. You would think he'd say, You're not going to believe this, sweetheart.

We figured it out. Aspergillus mold is in a lot of ducting systems in people's homes. Aspergillus mold grows on corn and wheat and grain out in. We don't can't.

It's almost like we pulled up the rug and swept it underneath. But Mycotoxins have been inducing disease in animals as long as we've known it that Mycotoxins can do that.

Why isn't that then inducing cancer or diabetes or arthritis? Can we the people? It is. Is. And I'm the guy who did the dirty work, you know, empirically figuring all that out.

And thank you for bringing that up. There's now plenty of data, hundreds and hundreds of research papers to confirm this. But there was 53 years ago. You know, as if I had my way.

Know the Cause and closing resources

Yeah. You know, we do these labs as a as a physical every year. You know, we look at people's cholesterol, their blood sugars, their their kidney function, their white blood cell count, their hemoglobin, maybe check a little something about their thyroid, not even very comprehensively.

And and people leave with this. Failing that, Oh, wow, I'm in good health. Yeah. But I really think we should be starting to include micro toxin testing and some fungal testing because these, you know, the body reaches a threshold where it's been going on for a while before the disease actually occurs.

So if I had my way, the screening would be part of the annual physical so people know where they are and then they can take action, you know, find where it's coming in in their diet or their home and help their bodies to get rid of it.

It's what a great statement. Few people know that cyclists born to prevent tissue rejection. It was fungus. Few

people know that statens are antifungal drugs, and yet everybody's on them and they seem to work, right.

I mean, it's so amazing. I think that. Yeah. Okay. Thank you. You know, the same doctors I did. I spoke with one of them yesterday, by the way, who says men were abusing stallions.

Didn't hormone replacement therapy come back to snap us in the year 2000 with the Women's Health Initiative here? We put the pharmaceutical companies learned to put, well, people on drugs.

When that fell apart, statin drugs took over. Now we have well people with a 220 cholesterol and we can put them well people on the drugs. I won't get into all that.

But it's fascinating that we're preventing the onset of coronary artery disease with something that kills fungus called a step drug. It's just anything, in my humble opinion, food or medicine that seems to work seems to work because it stops up fungal debris.

I mean, it's just unbelievable. Serotonin, the selective serotonin reuptake inhibitors. Few doctors know that SSRI is about seven years ago. Now. We're documented, too.

There are fungicides. They kill fungus. When we realized that elevated serotonin levels in depressed people wasn't the problem, The medical journals that I subscribe to said, Well, then what is the problem where your pills kill fungus?

Could fungus induce depression? You know, I don't know all the answers. Oh, absolutely. There's plenty of data. I know. I know. I know some of the people, you know, and the work you're doing is so good.

We just have to keep on keeping on in venues like this where you can interview people who have been there. Yeah, I'm a kid who picked myself up by the bootstraps and took off and the doctor said, Yeah, I guess just don't get me in trouble, you know, Anti fungus.

There isn't that crude that he used to grind up my and put it in saltwater and we'd start giving it to the allergic patients and soon you'd be. Out of it. We still do some of that today.

We do need through a compounding pharmacy. I know because that's so important for them. Yeah. Yeah. Chronic sinus infections. Yeah. Yeah. So you guys were really, really breaking new ground.

I'm very grateful that you got it. Got this good information out into the world and. And with such a big heart. Oh, it had to get out. I don't know why I was chosen as I was supposed to go to medical school, but the Vietnam War got in the way of that.

But I couldn't have done it anyway, which you guys had twice my IQ. But I was the guy who could kind of figure out what worked people and then bring that back.

The paper I coauthored that went into Oncology News a decade ago now really opened Doctor's Eyes. Is there a fungal etiology to cancer? Well, we've known for 50 years you can give a mouse fungus and wham!

When you talk about Mycotoxins, the easiest way to present this data to people is this Penicillium is the mold, the mycotoxins it makes we call penicillin.

And there's dozens of antibiotics that are penicillin, derived antibiotics. These are mycotoxins. Don't take them, take them. You know, obviously when your doctor says to take them, do not keep going back to the doctor and saying, I need more antibiotics, more antibiotics, because indirectly you're increasing your risk of not only tummy problems but serious disease.

So be careful. Many fungi off gas poisons and when we swallow them, that can have detrimental. Did you know, Dr. Shippy, that in the old days a nice stamp was cleaved on two antibiotics in the 1950s and because they knew

people were going to have gut problems as antibiotics, he raced the good train of the belly, the good bacteria.

So they believe they stabbed on to it somewhere. Somehow somebody took the nice cabin off and a whole new world of gut diseases was born. Sad. Yes. And sometimes the the best ideas get lost in translation.

Yeah. Could have been such a great idea. Well, thank you so much for joining me today. You're just such a wealth of information and think, oh, great at explaining the kind of complex situations ideas.

So I know why your audience loves you. And I would love for you to share how people could find you and and tap into this passion that you have about educating people and and really helping with this challenge.

Thank you. Most recently, maybe five years ago, because I can't see my audience. It's very frustrating. Get nice letters. Gee, you saved my husband's life.

But I wanted to communicate with the audience. And with the advent of social media, I hopped on Facebook and now I have my own platform. Knowthecause.com Every Tuesday, every Monday and Tuesday from 3 to 4 p.m.

Central. I do one hour live where people can ask me questions. I will always tell you to listen to your doctor at all times, but I want to help you teach your doctor the role of fungus.

So every Monday and Tuesday from 3 to 4 p.m. here in Dallas, up on one of the sets here in our studio, I open up the airwaves, talk to you guys about particular things, and then you get to ask me questions.

But I started a show 24 years ago called Know the Cause. And I'll never forget the president, vice president of the company, who said, What are you going to be talking about, Doug?

And I said, I'm going to be talking about fungus. And they said, Good, What are you going to talk about tomorrow? I said, fungus. It was just people testifying.

People can't get that fungus. He had. You know, when babies take antibiotics, they gain massive amounts of weight. They're their growth enhancers used in cattle.

No wonder. So that's why I talk about fungus, everything from fibromyalgia to depression to tummy problems to cancer, diabetes. I talk about that on this show called Know the Cause.

You can go to my website and learn a lot. knowthecause.com, We employ a doctor who is both a certified industrial hygienist and a medical doctor. His name is Luke Curtis, and we pay Luke every month to update all the data in our website dealing with fungus.

So there's a wealth of information on knowthecause.com. Well, thanks so much, Doug. I just so pleased that we got to share so much information so quickly and that people can go even deeper by delving into your your masses massive resources of information.

So it's great to be with you. Thank you so much for the invite. I appreciate. It. Let's do it again soon. We'll do it. Thank you.