



FALL Weekly Reader

Volume 217, Issue 282, October 5th, 2017

The Plano Rotary Club
www.PlanoRotary.com

Fungal Fears

UPCOMING MEETINGS

Oct 5

Charmaine Soloman
"My Possibilities" Special
Adult Services

Oct 12

DG Rick Amsberry

Oct 19

Corey Proctor
"Power of the Huddle" – Former
Dallas Cowboy



OCTOBER BIRTHDAYS

John Caldwell	Oct 06
Justin Roche	Oct 07
Rick Horne	Oct 08
Janis Allman	Oct 18
Jessica Jackson	Oct 26
J. Marc Lewis	Oct 27
Casey Stewart	Oct 31



Scary Bob was back on duty this day, which reminds me that I forgot to credit **Mike Booher** with last week's photos; consider it done.

The Prince Who Pines Not opened festivities at 12:13 with **Blair Ritchey** on Invocation and **CAPTAIN KIRK** "Please don't take a knee" **SELL** on Pledge. **Ross Shamshiri** was our Greeter. In the absence of **SERGEANT KRAMER**, a self-proclaimed newcomer to the role, **Nathan Barbera**, introduced no Visiting Rotarians.

Chris Parr bade us welcome his spouse, **Patricia Storck**, who instructed him to "keep it short." **Rick Horne** introduced **alphaGraphics** designer, **Katie Anderson**, whom **Alex Johnson** praised for his tee shirt among other items. **Ross Shamshiri** sponsored continuing guest, **Francis Cartwright**, and **Randy Brodhead** fed daughter, **Jaran Walz**.



Nathan credited **Charles Milby** with the only undefeated **FANTASY FOOTBALL** team (this early in the season) and surmised that **Jason's** absence was out of embarrassment for his 0:3 performance. But that is possibly due to the team's embarrassment as having been named after **Jason's** pickle

business! (*Pogo's Porky Pine*, when riled, swore, "Dangnab. you black stabbin', pickle bicklin' whicker snackers anyways!") So we hope his team is **THE PICKLE BICKLERS**.)

Rick reminded us of the **Minnie's FOOD PANTRY** donations due on Nov. 4, and the need for volunteers to pack those donations. The DG's wife's project is a *Walk for Alzheimer's* on 7 October that is intended to raise \$100 per Rotarian participant. The penultimate announcement came from **Alex Johnson** who told us of the Interact Summit at the *Collin College* Spring Creek Campus the following Saturday. Inter- and Rotar-acts from "all over the district" would compete to see who brought the most jars of peanut butter. And the ultimate announcement went to **Janis Allman** for volunteers for staffing our Rotary Tent at the 14 October **PLANO INTERNATIONAL FESTIVAL**.



Sam Greif introduced speaker **Dr. Mukesh Saraiya**, former advocate of Stem Cell Therapy (see Bulletin "The New Monkey Glands"), as someone "who has changed my life!" Chief Greif had been diagnosed with (continuing) asthma, but **Dr. Saraiya** had correctly concluded his lung problems were due to an infestation of yeast or mold. So **Sam** was infinitely grateful when **Mukesh's** anti-mycological medicine cured him.

Mukesh C. Saraiya, MD, is Board-Certified in Internal Medicine, Sleep Medicine, and Pulmonary Diseases. He is a Clinical Associate Professor at the University of Texas





Medical Branch. Dr. Saraiya completed his Residency in Internal Medicine, and his Fellowship in Pulmonary Disease at the University of Medicine and Dentistry, Newark, NJ. He has been in practice in Denton, Texas since 1990. Dr. Saraiya is a member of the American Academy of Sleep Medicine and the American Academy of Anti-Aging Medicine.

Mukesh demurred that *"I don't deserve"* Sam's effusive introduction.

"Over the years," Dr. Saraiya has seen the *"emergence of fungal infections in the lungs"* where the fungus is misidentified as bacterial yet the *"antibiotics don't work."* Still the environmental prevalence of mycological sources of lung infections *"is not recognized by contemporary medicine."* He has taken pathological samples to be analyzed where there is no X-ray or CAT-scan signature. Buildings house molds, which we take into our lungs. (*Cladosporium* is the most common household mold. It can be found in concentrations of up to 6000 CFU/m³, which means colony forming units [viable spores] per cubic meter. Our ½ liter inspiration suggests we inhale one such spore every 3 breaths. *Fear the fungus.*)



Mukesh's education in these matters was lacking until he met **Dr. Doug Kaufman**. Doug taught him that spores are micro-toxins which are *'implicated with many diseases.'* Such was the revelation that Mukesh's *"practice has changed."* Now he inquires about environmental toxins in the living quarters of his patients. Humidity issues with air-conditioners provide damp surfaces amenable to mycological growth.

Dr. Saraiya is amazed that insurance companies *"pay for toe infections but not for lung infections."* Not only lungs are compromised, fungal infections can damage the liver. Contemporary medicine is apparently of the opinion that *"everybody has it,"* so *"it doesn't need to be treated."*

And our diet is feeding the problems. These agents live on carbohydrates, so a sugar-rich diet provides them a feast. One of his patients thought he was suffering Parkinson's, and when treated by Mukesh, remarked, *"I can read my own writing!"* Even psychological problems can result from micro-toxins. All of it is at the inspiration of Dr. Kaufman who has been harping on this for 30 years.

Doug Kaufman explained that in 1968, he was drafted into the Navy and trained as a nurse. He had a study group of 200,000 Marines. In Vietnam, the servicemen had to live in warm, damp environments, and they would awaken with pillowcases stuck to them. When torn off, the



bedclothes would take skin with them. Back from Vietnam, he experienced skin removed with socks and knew he had a yeast problem. But mycology wasn't in the MD curriculum. He recommended eating foods that the yeast doesn't thrive upon.

Dr. Kaufman became fascinated with the fungal components of cancer. The aspergillus family of molds is implicated in some cancers. He hit the lecture circuit, spreading the gospel of the fungal components, and oncologists (who *"are really good people"*) stood in line for an hour to ask him questions.

He recommends eating yogurt to repopulate the gut fauna; it can eliminate the need for anti-allergy medicines. *"I think we're on to something."*

"Many diseases are initiated by fungus." For example, aflatoxins produced by the aspergillus family (found on peanuts and corn) are fed to laboratory animals to induce cancer tumors. So if you must eat corn, butter it; *"butter is an anti-fungal."* Other mold toxins *"give diabetes."*

And, he concluded, *"open your windows"* to reduce mold in your home. *"I enjoy being the wind beneath doctors' wings."*

Kelly Palmer asked about anti-fungal foods. Doug told him about stealing into his Mom's pantry to sample cocoa and being (bitterly, as it were) disappointed. Chocolate is low in cocoa and high in sugar. *"Carbohydrates feed yeast."*

Mukesh had pictures of enlarged lymph nodes from which (since we were eating) he spared us. The ER had told the patient, *"You have cancer."* Dr. Saraiya told him, no, *"You have mold."* *"Not all tumors are actually cancer."* Some are mold colonies in the body.

Doug chimed in that we've classified some 75,000 fungi out of an estimated 2 million that exist, many of which produce natural poisons. He has treated 27 patients diagnosed with lung cancer, all of whom responded to anti-fungal treatments.

He warned us that *"bird droppings and lung disease go hand-in-hand"* (illustrating the old saw, *"At ease disease, there's fungus amongus"*.) Physicians need to learn to ask the right questions. Yeasts grow enclosures to avoid the body's white cells. And volatile organic emissions from fungal colonies can be sniffed out by dogs.



As the hour was late, Rick promised us that the doctors would take all our questions after the meeting, and he presented them with our multi-port charger. Dr. Kaufman gave us his website for additional information:

<http://knowthecause.com>

Rick announced a spur-of-the-moment Board session to take place immediately following lunch for the purpose of voting on new members. Then he led us in the Four-Way Test and condemned us to the Real World at 1:01.



Embarrassing omission: **Mark Geller** celebrated a Rotary Milestone. And here he is, striding off with it.



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Francis Cartwright

Katie Anderson

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None

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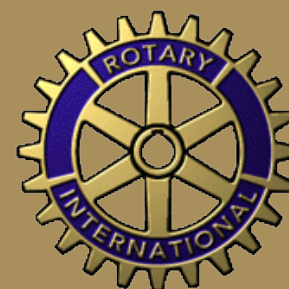
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