

# FACT SHEET | Chaetoglobosin

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When you think of Chaetoglobosin, think resistance. This mycotoxin is made by Chaetomium mold to help it break through our immune resistance against fungal invasion. It also leads to more treatment-resistant infections.

Chaetoglobosins are toxic to every cell in the body by breaking down the cell structure and poking holes in cell membranes. It's toxic to the respiratory tract including the sinus cavity, to organs (such as the liver, kidneys, and pancreas); immune cells, leading to immune suppression; the genes; the nervous system; and to the reproductive system, leading to reduced sperm motility.

Even though it doesn't appear to directly affect the gut or mitochondria, it can lead to energy depletion and muscle wasting by blocking glucose utilization in cells.

## MOLD SOURCES

Chaetomium spp, Cylindrocladium floridanum, Stenocarpella spp, and some Aspergillus and Penicillium spp

Color - Faint pink, but will vary depending on substrate. May appear as "black mold".

Building material - wood-based materials, drywall, wallpaper, textiles, some reports of growth on concrete and plastic.

## COMMON SYMPTOMS

Reduced TGF-beta	Fatigue, brain fatigue
Low white blood cell count	Muscle loss, weakness, poor tone
Rapid aging	Hypothyroid
Eye, skin, and respiratory irritation	Unstable blood sugar
Recurrent infections	Reduced sperm motility
Chronic sinusitis	

## THINGS THAT HELP MY PATIENTS

Therapeutic Diet:

- Proline- and tyrosine-rich animal and fish protein (muscle, glands, and skin)
- Organic dairy
- Cruciferous vegetables
- Green tea (cell structure)

Pro Tip: People with Chaetomium toxicity may develop sensitivity to alkaloids in foods and beverages, such as those containing the alkaloids caffeine and theobromine, which include coffee, cacao, and tea. Other alkaloid containing foods include tomatoes (tomatine) and potatoes (solanine).

Therapeutic Movement:

Utilize therapeutic strategies that augment muscle fiber contractile strength to increase or preserve muscle mass. This includes resistance training that progressively increases

resistance over time, incorporating compound exercises, and lifting heavier weights with lower repetitions.

Binder. Bind Chaetoglobosin by binding bile.

Bind bile with insoluble fiber.

One of the few times to consider colestevlam (Welchol) bid for 1 month, away from meals.

Bioplasma cell salts.

Thymus and spleen glandular.

Larch (*Larix occidentalis*).

Resveratrol.

Milk thistle.

Turmeric.

Grape seed extract.

Melatonin.

Garlic.

Thyme.

Nasal rehabilitation with intranasal *Lactobacillus sakeii* and *caseii*.

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