

FACT SHEET | Zearalenone

Zearalenone is known as the estrogenic endocrine disrupting mycotoxin. It binds to what's considered the "bad" estrogen receptor, which is correlated to associated risk factors for metabolic, cardiovascular, and neurological diseases, as well as osteoporosis and some estrogenic cancers.

Zearalenone is globally recognized to affect puberty in exposed children. This is not just a female issue, as Zearalenone impacts male testes and germ cells, impacting fertility in both genders.

Other effects that often get overlooked are Zearalenone's negative effect on heart function, the liver, and the immune system. It can slow the heart rate and decrease the contractile strength of the heart muscle. It's toxic to the liver and immune glands which house many of our immune factories.

MOLD SOURCES

Fusarium spp. primarily ~

Color - white "dust" to tan, pink, light purple, and brown, but can change color depending on species and substrate

Favorite building material -basements, crawlspaces, HVAC systems, ducts, humidifiers, CPAP machines, stored foodstuffs

BODY SYSTEM AFFINITIES

Reproductive

Heart

Toxic to the liver

Immune suppressive

Modifies blood parameters

Genotoxic

SIGNS & SYMPTOMS

Hyperestrogenic syndromes

Acne

PMS, menstrual alterations

Precocious puberty

Osteoporosis

Hypoandrogenism in men

Central weight gain

Infertility, both genders

Fatigue

Short of breath, with or without chest pain

Slow heart rate or palpitations

Heart block

POTS

Fainting

Dizziness/vertigo

Ear ringing

Edema

Sinusitis

Frequent infections, pneumonia

EBV reactivation

Clostridium difficile infections

Fungal nail infections

THINGS THAT HELP MY PATIENTS

Therapeutic Diet ~

Insoluble fiber up to 4 Tbsp daily.

Kefir. Protection against Zearalenone-induced oxidative damage.

Brassicaceae family (broccoli, broccoli sprouts, cauliflower, kale, Brussels sprouts, cabbage, turnips)

Spices: Ginger, Cinnamon, Turmeric, Thyme, Lemongrass, and Rosemary.

Anti-mycotoxigenic and antifungal against Fusarium mold.

Ginger. Active constituent zerumbone prevents Zearalenone-induced liver injury.

*Avoid the use of Saccharomyces yeasts, as they bioactivate Zearalenone.

Probiotics. Lactobacillus plantarum.

DIM + Indole-3-carbinol.

Grape seed extract.

N-Acetyl Cysteine.

Milk thistle.

Melatonin.

Hawthorne (Crataegus oxycantha)

Resveratrol.

Glutamine. *Not appropriate for PANDAS/PANS.

Selenium as Selenomethionine.

Vitamin E as Tocotrienols.

Lactoferrin.

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