

FACT SHEET | Aflatoxin

When we think of Aflatoxin, we think primarily of the liver. This mycotoxin and its metabolites cause liver injury, with possible complications including hepatitis, cirrhosis, and liver cancer. This mycotoxin is the most potent liver carcinogen recognized in mammals and is listed as a Group I carcinogen by the International Agency for Research on Cancer. The toxin-clearing burden is also shared with the kidneys which may sustain oxidative damage, affecting their function.

Aflatoxin's additional health impacts include the immune system, gut flora, brain barrier function, and pregnancy.

Aflatoxin reduces our defenses. Against viruses, Aflatoxin may lead to increased susceptibility to respiratory viral infections and spur chronic viral infections, such as Epstein-Barr virus. It promotes viral replication and inflammation, which affects the tender air sacs in the lungs called alveoli. The alterations to the gut flora are accompanied with an increase in gut pathogens, such as toxin-producing E.Coli.

Aflatoxin is linked to birth defects and may increase the risk for anemia in pregnancy and premature birth. It's been correlated to stunted growth in children.

MOLD SOURCES

Aspergillus flavus, Aspergillus parasiticus

Color - typically light green but can take on any color, even dark green or black

Favorite building material - flooring, concrete, carpet, plywood, drywall, ceiling tiles, paper, cardboard, modified wood products, leather

SIGNS & SYMPTOMS

| | |
|------------------------------------|------------------------------|
| Dark urine | Liver pain or fullness |
| Fatigue | Loss of appetite |
| Insomnia | Nausea, vomiting |
| Anemia | Dysbiosis |
| Progressive inflammation | Jaundice |
| Accelerated aging | Hepatocellular carcinoma |
| Reduced immunity | Chemical sensitivity |
| Brain fog and/or cognitive decline | Toxic metal accumulation |
| Incoordination | Steroidal hormone imbalance |
| Headache | Miscarriage or preterm birth |
| Visual fatigue | Stunted growth in children |
| Chronic sinusitis | |

THINGS THAT HELP MY PATIENTS

Therapeutic Diet ~

Antioxidant-rich diet, including colorful fruits and vegetables, such as berries, leafy greens, beets, bell peppers, and brassicaceae family vegetables—broccoli, kale, cauliflower, Brussel sprouts, cabbage, collards, rabe, radish.

Protein-rich diet high in essential fatty acids, such as wild-caught fish, wild game, pasture-raised chicken eggs.

Green tea. 2-4 cups daily. Protective against Aflatoxin-induced cell injury.

2 Tbsp rice bran (ideally purple rice bran) daily as an insoluble fiber binder

Vitamin D and Vitamin E as Tocotrienols

DHA (docosahexaenoic acid)

Turmeric (*Curcuma longa*)

Glutathione

Melatonin

Quercetin

Resveratrol

Grape seed extract

Red sage (*Salvia miltiorrhiza*/Danshen)

This content is health information and not intended as personal medical advice. Reading or viewing it will not establish a doctor-patient relationship. It is not intended to diagnose, treat, cure or prevent any disease or medical condition. The information discussed is not intended to replace the advice of your healthcare provider. Reliance on information provided by Dr. Jill Crista, employees, or others appearing at the invitation of Dr. Crista is solely at your own risk.