FOREST HERBS RESEARCH™

Scientists reveal link between cancer and fungi: what you need to know

Candida cells are not only present in cancerous tumours, they may predict reduced survival in gastrointestinal cancers.

According to a new study published in the journal Cell, researchers from Weill Cornell Medicine and Duke University have discovered traces of fungi in the tumors of people with different types of cancer, including breast, colon, pancreatic and lung cancers.[1]

It is well known that fungi colonize the gut, skin, lungs, and other barrier tissues. However, the link between fungi and cancer is uncertain. When profiling dozens of different tumours, the researchers found that some contained significant amounts of fungi: in some cases, one fungal cell for every 1,000 to 10,000 cancer cells.
Further analysis also revealed that the DNA of certain fungal species are higher in certain types of tumor. In gastrointestinal tumors, Candida tropicalis and Candida albicans were present in large numbers, while Blastomyces were prevalent in lung tumors.
Higher levels of Candida were also linked to more gene activity, which in turn promoted inflammation, a higher growth rate, and lower survival rates.

The researchers emphasize that they do not yet know if the fungi are directly responsible for cancer progression, and that more research is necessary. However, one possibility is that fungi can grow more freely in the body while cancer is suppressing the immune system.

It is now hoped that the findings will lead to new developments in diagnostics and treatments. A 2022 study published in the *Journal of Advanced Research* has already suggested that the link between fungi and cancer pathogenesis may pave the way for using antifungal drugs in cancer therapy.[2]

Supporting healthy microbial balance in the body
Preventing and treating fungal overgrowth is crucial at any stage of life. Candidiasis is an opportunistic infection caused by the fungi Candida, and can affect the mouth, vagina, penis, or other parts of the body.

Signs of Candida

[1] https://www.cell.com/cell/fulltext/S0092-8674(22)01173-4
[2] https://www.sciencedirect.com/science/article/pii/S2090123222001990

- Vulvovaginitis: itching and irritation in the vagina and vulva, a burning sensation with urination which can be mistaken for urinary tract infection, vaginal soreness, or pain, a dry erythematous rash, and a thick white discharge.
- Oral thrush: a white or yellow rash on the tongue and inside the mouth, or cracking at the corners of the mouth.
- Systemic candidemia: fever, chills, hypotension, and confusion.

Managing Candida overgrowth

Diet is crucial in managing fungal overgrowth and supporting a healthy immune system. Nutritious wholefoods should be a priority, with the inclusion of herbs and plants that contain natural antifungal properties. Garlic, oregano, black pepper, onion, ginger, and coconut oil are all suggested to help manage fungal species and rebalance gut flora. A daily probiotic with multiple strains of bacteria can also help restore the natural balance of gut microbiome.

Supplementing with Horopito (Pseudowintera colorata) may also assist in managing healthy microflora. Horopito is an endemic New Zealand shrub that contains the active constituent polygodial. Polygodial is a bioactive compound with potent antifungal and antibacterial properties, particularly against fungi such Candida albicans.[3]
Horopito has been traditionally used to treat various fungal conditions, including vaginal candidiasis, yeast infections, and skin disorders such as athlete's foot, anal itch, and rashes.[4] It can be taken in capsule form as a convenient, natural means of supporting healthy microbial balance.

To learn more about the benefits of Horopito, visit forestherbs.co.nz

[3] https://pubmed.ncbi.nlm.nih.gov/10232062/
[4] https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8709005/