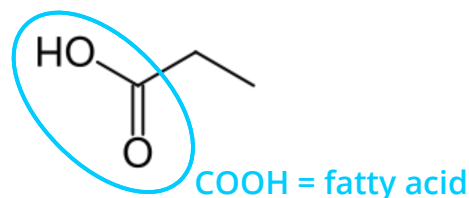


## Propionic acid or Propanoic acid



With only 3 carbons it is the smallest fatty acid and is called the 'first fat'

Greek *protos*, first, and *pion*, fat.

Inhibits the growth of mold, yeast, fungi - which cause jock itch, athletes foot, dandruff, hair loss, itchy eyes, ears or skin - and some bacteria. The human skin is host to several types of *Propionibacteria*, especially in sweat glands to protect us from yeast, but in overgrowth are found in acne.

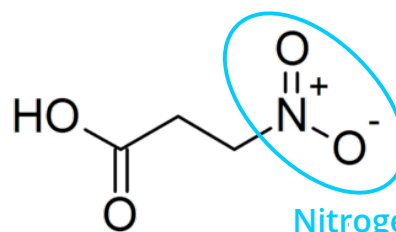
Has a pungent smell similar to body odor.

Will mix with water but comes out with salt while sweating.

### The good

### The bad

## *beta*-Nitropropionic acid, or 3-Nitropropanoic acid, 3-NPA



A mycotoxin, toxic to humans.

Greek *mykes*, *mukos*, "fungus", and *toxikon*, "poison".

Fungi are also yeast, mold, spores and mushrooms  
- grow well in warm temperatures and moist areas.

3-NPA may be related to acid reflux.

Fungi can cause jock itch, athletes foot, dandruff, hair loss, itchy eyes, ears or skin, joint pain, thrush, plaque, varicose veins, diabetes, skin disorders, sneeze, cough, breathing disorders, panic, anxiety, dementia, anger, mood swings, hot or cold flashes, spasms and produce 3-NPA that is known to harm our energy producing mitochondria.

3-NPA is found widely in food:

- Sugar cane, mushrooms.
- Grains, breads, wheat, grasses.
- Fermented foods, miso, soy sauce, yogurt.
- Nuts or seeds with hidden fungal growth.

Cooking or freezing does not destroy mycotoxins.

Mold in buildings, books, showers, air-conditioners, beds, and basements are other sources of mycotoxins.

Nitrogen dioxide  
NO<sub>2</sub> (gas form)  
Toxic, Poisonous  
Numbs the nose  
Lung edema

Things that might kill fungi:  
Butter  
Baking soda  
Zinc-glycinate  
Fish oil, salmon oil  
Lycopene, sun dried tomato