


6th International Symposium on Mushroom Nutrition

Mushroom Nutrition: Progress and Challenges
in Clinical Mushroom Nutrition

Saturday 30 October 2004 | Doubletree Hotel Sonoma Wine Country
| Rohnert Park | California | 9:00am – 5:30pm

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- Importance of Quality Control in Cultivation and Good Agricultural Practice (GAP)-Challenge
 - Importance of Pharmaceutical Good Manufacturing Practices (GMP) in Mushroom Nutrition-Challenge
 - Importance of Mushroom Assay Methodology and Toxicology Testing-Challenge
 - Mushroom Nutrition as Enzyme Supplementation-Progress
 - Mushroom Nutrition as Immune Nutrition-Progress

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**TOWNSEND
LETTER**
for
Doctors &
Patients
The Examiner of Medical Alternatives

Attendance will be restricted to 200 health care professionals



Presentations will focus on...

Importance of Quality Control in Cultivation (GAP) and Pharmaceutical Good Manufacturing Practices (GMP) in Mushroom Nutrition. Mushroom Nutrition Properties:

- a) complex polysaccharides
- b) enzyme activity
- c) superoxide dismutase activity
- d) impact of secondary metabolites
- e) fungal genomics and proteomics

Mushroom Nutrition as Adjunct Nutrition-Clinical Applications

The symposium will present research on the effect of mushroom nutrition on the health and balance of the immune system and thus the body's ability to maintain homeostasis in the face of multiple challenges.

This immuno-modulatory action is perhaps best understood in terms of the impact of mushroom nutrition on the balance between the cellular and humoral immune responses. As these two arms of the immune system are mutually inhibitory, through the actions of cytokines produced by the so-called TH1 and TH2 cells, a strong TH2 (pro-inflammatory) immune response, such as that induced under conditions of stress or chemical exposure, will suppress the production of TH1 cytokines, which play a vital role in strengthening the cellular, immune response and thus the body's ability to defend itself against multiple pathogens, including bacteria, viruses, fungi and carcinogenic

agents.

Factors such as stress and chemical exposure thus weaken our body's ability to defend itself, not through impairing the cellular immune response (the ability of the body to recognize and destroy foreign bodies) per se but through leading a chronic elevation of the humoral immune response, which normally predominates in cases of local wound healing.

An alternative rationale for mushroom clinical benefits is an up-regulation or direct enhancement of the dendritic cell lineages that often initiate the immune response. Activated dendritic cells orchestrate a coordinated and phased immune response that incorporates the T cells, B cells, and killer cells into an effective whole. This symposium will explore all candidate mechanisms for mushrooms clinical benefits.

INTRO

Mycology Research Laboratories Ltd.
(www.mycologyresearch.com)
in collaboration with the
Townsend Letter
(www.tldp.com) have
organized the 6th International
Symposium on Mushroom
Nutrition. The theme of the
symposium will be "Progress
and Challenges in Clinical
Mushroom Nutrition". Poster
submissions are to be sent by
email to Mycology Research
Laboratories Ltd. at
info@mrlusa.com

Who should attend:

- **Medical Doctors**
- **Nutritional Therapists**
- **Herbalists**
- **Naturopaths**

At this seminar you will learn:

- **A thorough understanding of the cultivation and manufacturing standards required to provide mushroom nutrition to a Pharmaceutical Good Manufacturing Standard (GMP).**
- **The biomechanical and enzyme properties of mushroom nutrition.**
- **How various conditions are diagnosed medically.**
- **The evidence for and against various hypotheses of mushroom action on immune system homeostasis.**
- **Any drug/nutrient interactions.**
- **Specific mushroom nutrition protocols for select conditions.**
- **How to use an integrated medicine approach for these conditions.**

Key Speakers

| | | Duration |
|---|---|------------|
| Dr. Parris Kidd (Ph.D) El Cerrito, California, USA | Introduction: Issues in Mushroom Nutrition as Clinical Nutrition | 30 minutes |
| Mr. John Guardino (M.Sc.) Gourmet Mushrooms, Sebastopol, California, USA | Key Aspects of Quality Control in Fungi-Based Immunonutrition Production-Cultivation to Good Manufacturing Practices (GMP) | 20 minutes |
| Mr. Tom Chapman (Pharmacist) Essential Nutrition Ltd. Brough, United Kingdom | The Challenges of Testing Fungal Products within a Pharmaceutical GMP Environment | 20 minutes |
| Dr. Chris Newton (Ph.D) Cytogenex Ltd., Kingston-upon-Hull, United Kingdom | Key Aspects of Mushroom Assay Methodology, Toxicology Certification and PCR Identification/Characterization | 20 minutes |
| Coffee Break | | |
| Dr. Jean Monro (MD) Breakspear Hospital, Hempel Hempsted, United Kingdom | <i>Trametes versicolor</i> (<i>Coriolus versicolor</i>) Supplementation as Immunonutrition in Patients with HPV (<i>Human Papillomavirus</i>) Infection-Clinical Practice | 45 minutes |
| Dr. Abraham Kryger (MD DMD) Preventive Medicine Clinic of Monterey, California, USA | A New Immunomodulator for Cancer: <i>Trametes versicolor</i> (<i>Coriolus versicolor</i>) Supplementation | 45 minutes |
| Lunch | | |
| Dr. Jonathan Collin (MD)-Moderator Port Townsend, Washington, USA | Poster Presentations | |
| Mr. Christopher Hobbs (Ac. Lac.) Institute of Natural Products, Davis, California, USA | Overview on Clinical Use of <i>Trametes versicolor</i> (<i>Coriolus versicolor</i>) in Viral Conditions-Clinical Practice | 45 minutes |
| Prof. Amin Karmali (Ph.D) Instituto Superior de Engenharia de Lisboa (ISEL) Biotechnology Section-Lisbon, Portugal | Mushroom Nutrition and the Delivery of Essential Enzymes (Superoxide Dismutase and Cytochrome P-450) | 30 minutes |
| Coffee Break | | |
| Mr. Martin Powell (Dip. Ac.) Natural Health Centre Luton, United Kingdom | The Use of <i>Ganoderma lucidum</i> (Reishi) in the Management of Histamine-Mediated Allergic Responses – Clinical Practice | 30 minutes |
| Roundtable discussion | | 30 minutes |
| Dr. Jonathan Collin (MD) / Dr. Parris Kidd (Ph.D) | Poster Awards / Closing Comments | 15 minutes |

BIOGRAPHIES

Dr. Parris Kidd (Ph.D)
El Cerrito, California, 94530 USA
Email: Drkidd@aol.com
URL: www.dockidd.com
Dr. Parris Kidd is an internationally recognized biomedical researcher, educator and nutritional product developer. His books include Antioxidant Adaption-Role in Free Radical Pathology (1985) and Living with the AIDS Virus-A Strategy for Long Term Survival (1990). As contributing editor to the Alternative Medicine Review, Dr. Kidd is also an educator and a biomedical consultant to the supplement industry. Dr. Kidd has written extensively on the potential of mushroom nutrition with his most recent contribution The Use of Mushroom Glucans and Proteoglycans in Cancer Treatment-Alternative Medicine Review Vol 5, Number 1; 2000.

Dr. Kidd will review the key challenges related to the use of mushroom nutrition as clinical nutrition.
Background:
University of West Indies B. Sc.
Zoology-Marine Biology
University of California at Berkeley-
Ph.D -Cellular and Developmental Biology

Mr. John Guardino (M.Sc.)
Mycologist
Gourmet Mushrooms
PO Box 601
California 95444
Fax:1-707-823-1507
Email: john@mycopia.com
Received M.S. in Phytopathology/
Mushroom Science from the
Pennsylvania State University in 1998.
After graduation, Mr Guardino
accepted a Senior Research position in
the Penn State Fusarium-
Mycotoxicology Research Center
investigating the biology, physiology

and genetic basis of mycotoxin production in agricultural crops and stored grains. Joined the Gourmet Mushrooms in September 2001 as their staff mycologist.
Mr. Guardino will provide an overview of the complex aspects of mushroom cultivation and maintenance of cultures in controlled environments. In addition, Mr. Guardino will provide an overview of the importance of Good Agricultural Practices (GAP), and the interface of GAP with Pharmaceutical Good Manufacturing Practices (GMP).

Tom Chapman
Essential Nutrition
10 Station Road, Brough
East Yorkshire, United Kingdom
Tel: +44-1482-667-634
Pharmacist and founder of Essential Nutrition Limited, Mr. Chapman is a consultant to EU, WHO and the Commonwealth Office on the establishment of pharmaceutical

manufacturing programs in developing countries. Mr. Chapman will outline the key advantages of mushroom nutrition over formulas that contain a combination of herbs and minerals. He will also address steps behind pharmaceutical GMP as this applies to mushroom tablet preparation.

Dr. Christopher Newton (Ph.D)
Cytogenex Ltd
121, Westbourne Avenue
Kingston-upon-Hull
East Yorkshire
HU5 3HU
cnewton@compuserve.com
Principal Consultant Cytogenex Ltd.,
Senior Fellow, University of Hull School
of Medicine and Senior Visiting Fellow,
Max -Planck Institute, Munich.
Dr. Newton will present Genomic and
Proteomic Technology used as a means
to establish a Quality Control tool and
also to help in the elucidation of the
mode of action of mushroom nutrition

BIOGRAPHIES cont'd

on tumour cells and the immune system.
1980 BSc Physiology and Biochemistry –University of Reading. 1980-1983 Research Assistant St. Mary's Hospital Paddington. 1983-1986 M. Phil. Investigation of steroid metabolism and enzyme activity in uterine leiomyoma. 1986-1989 Ph. D. Demonstration of multiple forms of the enzyme, 17 beta HSD in normal and malignant breast tissue. 1989-1991 Post Doc. Institute of Cancer Research, Royal Marsden Hospital. Development of aromatase inhibitors and the antiestrogen, Idoxifene. 1991-1997 Senior Scientist Max Planck Institute, Munich. Demonstration of ligand-independent activation of steroid receptors 1997-2002 Lecturer, University of Hull. 2002 Founded Cyotogenex, a biotech consulting company established to undertake Molecular and Cell Biology studies.

Amin Karmali
Professor Amin Karmali-
Biotechnology Section, Instituto
Superior de Engenharia de Lisboa.Rua
Conselheiro Emidio Navarro, 1900-
Lisboa
Tel:00-351-21-831-70522
Fax:00-351-21-831-7267
Email: akarmali@isel.ipl.pt
Professor Karmali will provide an
overview of the in vitro presence of
various active enzymes and superoxide
dismutase (SOD) activity in the
biomass of mushrooms as *Coriolus*
versicolor, *Cordyceps sinensis* and
Ganoderma lucidum (Reishi).
Background:
1980 BSc. (with Honours) in Biology
and Chemistry – Polytechnic of North
London
1983 Ph.D Biochemistry (Enzymology),
King's College London
2001 Full Professor (Agregation),
Enzyme Technology, Evora University,
Portugal.

Mr. Martin Powell
(BSc. Biochemistry. L. Ac.)
Natural Health Centre
Luton, United Kingdom
Tel: +44-1582-418-886 /
(Email: purehealth@zetnet.co.uk)
Mr. Powell is a Traditional Chinese
Medicine (TCM) practitioner who
lectures on TCM at Westminster
University. Mr. Powell will present a
case study on the use of *Ganoderma*
lucidum (Reishi) supplementation in
the management of histamine-
mediated allergic responses.
Background:
1983 University of Birmingham
BScHons III Biochemistry
1991 London School of Acupuncture &
TCM - Diploma in Acupuncture &
Moxibustion
1996 London Academy of Oriental
Medicine - Diploma Chinese Herbal
Medicine

Mr. Christopher Hobbs
Institute of Natural Products
644 Miller Drive
Davis, California, 95616
Email: ch@christopherhobbs.com
Author of Medicinal Mushrooms: An
Exploration of Tradition, Healing &
Culture, Mr. Hobbs is an
internationally-renowned fourth
generation herbalist and botanist with
over 35 years experience. Mr. Hobbs
writes and lectures internationally on
herbal medicine and is presently
working towards a Ph.D in
pharmacology and toxicology. Mr.
Hobbs will provide an overview on the
use of *Trametes versicolor* (*Coriolus*
versicolor) in Traditional Western and
Chinese Medicine. Finally, Mr. Hobbs
will outline the clinical use of *Trametes*
versicolor in various viral conditions.
Background:
Licensed acupuncturist, clinician,
integrated practice, Sutter Health,
Davis, California
Author of 25 books on herbal medicine,
including coauthor on the recently-

released Pocket Guide to Herbal
Medicine (Theime Medical Publishers)
and The Peterson Field Guide to
Medicinal Plants of the Western U.S.
(Houghton-Mifflin)

Dr. Abraham Kryger MD, DMD
Monterey Preventive Medicine Clinic
California USA
Email: wellnessmd@earthlink.net
A board certified family practitioner
and preventive medicine specialist, Dr.
Kryger's interest in mushroom
nutrition commenced with a Stanford
Internship (1973 to 1974). Since then
his medical practice includes clinical
research on immune stimulation with
mushrooms, leading to his filing an
INDA with the FDA to investigate the
use of *Lentinan* (*extract of Lentinula*
edodes) in cancer care in the 1980's.
His practice includes treatment for
hormonal imbalances and sexual
dysfunction, nutritional evaluations
and appetite disorders. For the past
five years Dr. Kryger has been a
medical advisor to Ironman Athlete
Chad Hawker (Kona Ironman
Champion for the past four years).
Dr. Kryger will provide an overview of
the use of *Trametes versicolor*
(*Coriolus versicolor*) in cancer care as
immune nutrition. He will outline
specific clinical protocols for the use
of mushroom nutrition in cancer care.
Background:
University of Manitoba (1969) DMD
University of Manitoba (1973) MD

Dr. Jean Monro MD
Breakspear Hospital – Hemel
Hempstead, United Kingdom.
Tel: 44-1442-261-333
Fax: 44-1482-266-388
Dr. Munro will provide an overview of
her clinical experience in cancer care
using mushroom nutrition as adjuvant
nutrition. In this presentation she will
discuss her experience with mushroom
nutrition in patients infected with
Human Papillomavirus (HPV).

Background:
Dr. Jean Munro has a background in
hospital general medicine and worked
at the National Hospital for nervous
diseases, Queen's Square, London,
researching migraine and multiple
sclerosis. She entered full time
practice in Environmental Medicine in
1982 and in 1988 founded the
Breakspear Hospital for Allergy and
Environmental Medicine.

Dr. Jonathan Collin MD
Editor in Chief
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Washington 98368-6541 USA
Tel: +1-360-385-6021
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Email: info@townsendletter.com
Dr. Jonathan Collin is an MD trained
in preventative medicine, specializing
in adult medical care with emphasis on
nutritional and alternative medicine.
He has a special interest in chelation
(pronounced "key-lay-shun"), which is
a special treatment for the removal of
toxic metals and treatment of
circulation disorders.
In 1983, he founded the Townsend
Letter for Physicians & Patients, which
eventually became the primary voice
for physicians of chelation and
alternative medicine. (Townsend
Letter for Doctors and Patients).
In 1986, Dr. Collin was appointed to the
U.S. Congress Office of Technology
Assessment Advisory Panel for the
study of unconventional cancer
treatments. This panel's report to
Congress, in 1989, led to
Congressional authorization and
funding of the N.I.H. Office of
Alternative Medicine. Dr. Collin was
an Alternative Medicine Advisory
Panel member in 1991-1992.
Background:
Albany Medical College, Albany New
York (MD)-1975

Symposium Fee

The cost of attendance is \$ 75.00 (inclusive of California sales tax) and includes a delegate pack with detailed handouts and tea/coffee at breaks and lunch. For overnight accommodations contact the Doubletree Hotel Sonoma Wine Country for special room rates of \$117.00 single/double occupancy (plus 12% occupancy tax). To receive the special rate, reservations must be made by September 25, 2004. Please call the hotel directly at 707-584-5466 or 800-222-TREE and ask for the "MRL Guest Room Rate".

Reservations / Registration-Limited to 200 Healthcare Professionals

Reservations are accepted in advance. Please complete one registration form for each delegate (photocopy if necessary)

Registration Form:

Name (Mr./Mrs/Ms/Dr)

Position

Company

Address

Post Code

Tel

Fax

Email

(Please fax this form to: +1-415-885-2228)

For additional information or to make a credit
card payment please telephone: +1-415-674-8308

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