

Contents

Acknowledgments vii
List of Illustrations 222
Index 227

Acknowledgments vii

I WOULD LIKE to thank my agent, Deborah Grosvenor, and my editor, Alison Kalett, for making this book happen. Andor Kiss helped me with Latinisms, and my wife, Diana Davis, proofread the developing manuscript.

1 Interacting: Encounters with Fungi from Birth to Death 1

PART I Inward

2 Touching: Fungi on the Skin 23

3 Breathing: Spores in the Lungs 40

4 Spreading: Opportunists in the Brain 57

5 Digestion: Yeasts in the Gut 73

PART II Outward

6 Nourishing: Molds and Mushrooms in Our Diets 93

7 Treating: Medicines from Fungi 110

8 Poisoning: Toxins in Mushrooms and Molds 125

9	Dreaming: Using Mushrooms to Treat Depression	142
10	Recycling: The Global Mycobiome	159

Appendix: Ghost Gut Fungi 175

Notes 179

List of Illustrations 225

Index 227

Copyright © 2024 by Nicholas P. Money

Princeton University Press is committed to the highest standards of copyright and the intellectual property of our authors and artists. Our authors and artists have granted the press the non-exclusive and non-transferable right to reproduce, store, and disseminate the content of this book in any form, now known or hereafter invented, for the purpose of promoting the press and its mission. It is not to be used for other purposes without the express written permission of the press.

Requests for permission to reproduce material from this work should be sent to permissions@princeton.edu.

Published by Princeton University Press
41 William Street, Princeton, New Jersey 08540

99 Barbours Road, Oxford, Ohio 45056

www.princeton.edu

All Rights Reserved

Library of Congress Cataloging-in-Publication Data

Money, Nicholas P., author.

35 Title: *Molds, mushrooms, and medicine: the life of fungi on the skin* / Nicholas P. Money.

Nicholas P. Money.

40 Description: Princeton : Princeton University Press, 2024. Includes bibliographical references and index.

15 Identifiers: LCCN 2023030613 | LCCN 2024012309 | (ebook) | (hardcover) | (paper) | (ISBN)

72 ISBN 9780691230613 (hardcover) | 9780691230620 (ebook) | 9780691230637 (paper)

18 Subjects: LCSH: Fungi. | Mushrooms. | Medicines. | Skin. | Microbiology. | SCIENCE / Life Sciences / Microbiology | NATURE / Fungi / Microbiology | SCIENCE / Life Sciences / Microbiology

73 Classification: LCC Q645.M58 2024 (print) | LCC Q645.M58 (ebook) | DDC 594.40475

LC record available at <http://www.loc.gov/2023030613>

LC ebook record available at <http://www.loc.gov/2023030613>

Princeton University Press is committed to the highest standards of copyright and the intellectual property of our authors and artists.

PART II Outward