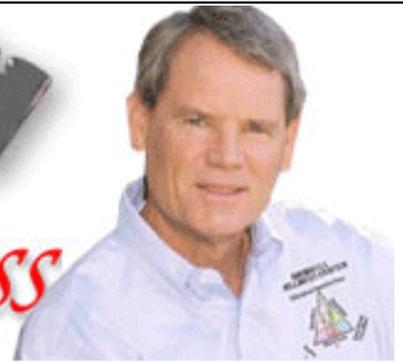




# Dr. Brimhall's One More Piece of the Puzzle



## For Wellness

Dr. Brimhall's Health Puzzle Piece

December 17, 2007

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### This Weeks Article...

#### **Patient + Genomics = Personalized Total Health**

In order to really know how to treat a patient with personalized wellness care, the practitioner needs to know the patient's genotype. This is why Nutri-West is hosting Dr. Woochul Moon, of Korea to assist Dr. Brimhall and his Wellness Certified Teachers to January 25-27, 2008 Mesa, Arizona Homecoming. Dr. Moon is an MD and PhD, who is one of the worlds leading researchers and clinicians in Human Genetics, Genomics, Proteomics and Metabolomics. He is interested in how nutrition can shape genomic outcomes.

The completion of the Human Genome Project in 2003 and the research since that time has allowed one of the greatest achievements in the history of mankind. There have been identified between 30,000 and 40,000 genes in the human body and revealed the sequence of over 3.5 billion chemical base pairs (nucleotides) that make up human DNA.

I referred to Matt Ridley and his book, *An Autobiography of a Species in 23 Chapters*, several Puzzle Pieces ago. He stated in his book and I paraphrase here: Imagine that the genome is a book, each chapter (chromosome) contains many stories called genes and the words making up those stories are written in four letters (A, C, G and T) corresponding to the nucleotides, adenine, cytosine, guanine, and thymine. These four letter codes make up every protein and every enzyme made by the human body. Therefore, they play an important role in the cellular metabolism for every tissue and organ in the body. More than

99% of human DNA is identical among all people, yet the relatively small amount of DNA that differs from person to person (less than 1%) ensures that no two humans are exactly alike, except identical twins, and even they can vary.

To create all the cells and tissues in the body, DNA must replicate itself billions and trillions of times. This allows for errors to occur. When a gene sequence varies from its usual pattern, this is called a polymorphism. The shape and function of a protein can be altered, increasing the risk of some diseases or changing the way the body functions. The most common mistake is called a single nucleotide polymorphism or SNP (pronounced snip), where a single nucleotide in a gene is changed.

Expression of this SNP depends upon whether it resides on one chromosome or both chromosomes, as well as the environment to which it is exposed. There are only a few diseases that are thought to be totally the result of a specific genetic change. Examples of these are Huntington's disease and Tay Sachs disease. For almost all other human dis-eases or diseases, genes do not predetermine but rather predispose a person, depending on dietary, lifestyle choices and environmental factors. Genes are fluid and flexible in how they EXPRESS themselves. The promotion of dis-ease depends, in most cases, on it being switched ON or OFF by factors in the environment. You might call these "The 6 Interferences to Health," with many complements and subcategories in each of those interferences e.g. structural interference, electromagnetic interference, emotional stressors, allergies/sensitivities, toxins from deranged metabolism, cigarette smoke, air pollution, sun exposure, bacterial infection, dietary habits, nutritional imbalances, nutrient deficiencies, hormone imbalances, or lifestyle choices like lack of exercise.

The majority of SNPs only have the potential to cause health problems, if exposed to the wrong mix of these 6 interferences and actions over time. Research shows this includes chronic diseases that develop with aging, such as heart disease, cancer, osteoporosis, arthritis, or Alzheimer's disease. Health and Wellness care are moving toward Predictive Genomics (knowing in advance the SNPs the patient has to help mold their outcome by, Nutrigenomics (nutritional factors), and Pharmacogenomics (known drug actions and interactions according to genotype). These insights can allow us to turn these genes on or off and potentially decrease the risk of chronic dis-eases and personalize patient care.

I have found that by a person seeing the 'cards' they have been 'dealt' empowers them to take responsibility for their outcome. It is really easy for someone to take Total Heart, Homocysteine Redux, Total Greens, Total Protect or Total Veggie when they see the need in black and white. Physicians and patients can now have more effective, customized, and individualized therapies.

There are many profiles that can be tested for, e.g. Cardiovascular, Osteoporosis, Immune, Anti-Aging and Detoxification Platforms. More than 100,000 SNPs have been identified. It seems, at this time, less than 100 are relevant and modifiable by intervention of diet, supplements, cold laser, foot baths, lifestyle choices, or altering environmental factors to alter gene expression.

Please join us at the January 25-27 Arizona Homecoming, or Certification in February or August and throughout 2008 to further explore this incredible breakthrough. My wife and I, along with many others have been tested by Dr Moon's methods and are on dynamic programs including specific Nutri-West nutrition, laser, detox and electromagnetic therapies to maximize our lives.

We look forward to seeing you soon!

John W Brimhall, DC and the Wellness Team

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