



Dr. Brimhall's One More Piece of the Puzzle



For Wellness

Dr. Brimhall's Health Puzzle Piece

December 24, 2007

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This Weeks Article...

FDA CREATES A PERSONALIZED NUTRITION AND MEDICINE DIVISION

In October 2006, the FDA/National Center for Toxicological Research in Jefferson, Arkansas, created the Division of Personalized Nutrition and Medicine. This is an incredible event, considering only a few years ago, nutrition and health care did not fit in the same sentence without “quackery” being mentioned. Now the U.S. government is acknowledging the importance of nutrition and realizing that personalization is a major factor. One of the major areas of study on the forefront is genetics and genomics, with its implications on changed outcomes through diet and nutrition. WOW!

The Secretary of Health and Human Services, which is a cabinet level position, published a report in September, 07 entitled Personalized Health Care: Opportunities, Pathways, Resources: <http://www.hhs.gov/myhealthcare/news/phc-report.pdf>). This report describes the importance and possible ways to develop personalized health care, which includes genetics, diet and other environmental factors.

The NIH (National Institute of Health) and other agencies have been funding studies for nutrient and other environmental factors relating to gene interactions. It is exciting to see that we are again not only on the cutting edge of health and wellness care, but we are defining and redefining where that edge is.

I mentioned in last weeks Puzzle Piece, Dr Woochul Moon of Korea was here in our home. I am preparing my presentations for Genetics and Genomics for January 08 Homecoming, here in Arizona and for the Parker's Seminar in Las Vegas for February 08. I was reviewing my personal Anti-Aging report with Dr Moon and Claudette's reports and treatment. I want to share some of the insights we gained.

Dr Brimhall's Report: I.1. Anti-aging Genomics

Welcome to the world of "Anti-aging genomics." Antiaging and genomics are two new major emerging interests in modern medicine. Age management aims to modify the aging process and prevent aging related disorders, including cardiovascular diseases, metabolic syndrome, dementia, inflammation, osteoporosis, sexual dysfunction, cancer, etc.

Genomic health care characteristically focuses on prediction and prevention rather than diagnosis and therapy of diseases. In addition, genomic understanding aims to assist in the development of personal and effective tailor made prevention programs by highlighting the risks of development of age-related disorders, together with an accurate measurement of current DNA expression profiles. These factual DNA expression profiles are the cornerstone of the success of genomic technology. The ultimate goal is to provide individuals with an opportunity to enjoy their maximum possible life span while maintaining a high degree of good health.

This Is My (John W Brimhall's) CARDIOVASCULAR RISK FACTOR ASSAY:

Classification	Total No. Snips	Protective SNP, No.	Norm SNP, No.	Unfavorable SNP, No
Blood pressure	9	0	9	0
Coagulation	7	1	6	1 (FV-Leiden)
Lipid metabolism	8	0	8	0
Inflammation	6	1	5	1 (IL1A1)
Homocysteine metabolism	6	0	6	0
OVERALL, No (%)	36	2	34	2

Out of an evaluation of thirty-six possible problem areas, I show only two. Only the **FVLeiden** is of potentially serious consequence. The **IL1A1** is not as problematic, especially with proper lifestyle intervention.

Here is the genius why you and I need to test and treat our families and patients with genomic evaluation and treatment. The **FVLeiden** predisposes me to deep vein thrombosis and inflammation throughout my whole body. Everything is a two edged sword. By having this SNP, I am predisposed to inflammation, which can lead to everything from arthritis to syndrome X according to the current literature. The good news is this SNP helps prevent infections and cancer according to the literature and current research.

With this understanding, **I can and do all of these things, now that I know what genetic cards I have been dealt:** I take Total Greens, Total Veggie, and Total Protect to keep me more alkaline and balanced nutritionally. I take Total Inflamm, Total Flax or another omega 3 fatty acid to prevent the inflammation from manifesting. I take DSF glandular or herbal to keep proper balance from stress. I take Vit D3 to keep

proper balance in my immune system, along with correct values of calcium, phosphorus, magnesium and potassium. I do Red and Violet Laser treatments, Foot Baths, Infra Red Sauna, eyelights and detox nutrition like Total Liver Detox and Total Systemic Detox consistently to promote proper function and reduce inflammation. I am motivated and consistent, *now that I know the Genetic Cards I am playing with.*

This understanding also lets me, my wife and even Nutri-West know I better stop working and go fishing and do other relaxing events once and awhile to rest and repair, so I don't stroke out.


With the rapid approach of Homecoming in Arizona for January 25-27, 2008 it is important to **book hotel rooms early in advance**. As you know, winter is a popular time in Arizona. Reservations are filling up and rates are increasing in proportion to occupancy. The following three hotels are on the same road as the Mesa Hilton and within a quarter of a mile:

<p><u>Residence Inn by Marriott Mesa</u> <u>www.marriott.com</u></p> <p>941 W. Grove Avenue Mesa, AZ 85210 (480) 610-0100 <u>Get directions</u></p>	<p><u>La Quinta Inn & Suites Phoenix-Mesa West</u></p> <p>902 West Grove Ave. Mesa, AZ 85210-4930 Phone: (480) 844-8747 Fax: (480) 844-8850</p>	<p><u>Fairfield Inn by Marriott: Phoenix-Mesa</u> <u>www.marriott.com</u></p> <p>1405 S Westwood Mesa, AZ 85210 (480) 668-8000 <u>Get directions</u></p>
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Know that it is very important to read all future Puzzle Pieces to keep abreast of the lifesaving and life-changing information we have to share with you. Be sure to register for at least three 2008 Nutri-West/Brimhall seminars, along with one of the Certifications in either February or August. Let's go to the next level of Wellness Care that your practice, your family and your patients deserve!

Yours in Health and Wellness,

John W Brimhall, DC and the Wellness Team



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