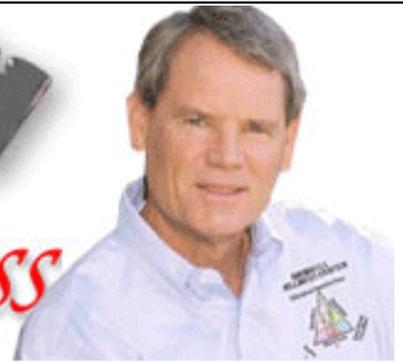




# Dr. Brimhall's One More Piece of the Puzzle



# For Wellness

Dr. Brimhall's Health Puzzle Piece

February 18, 2008

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## This Weeks Article...

# HOME COMING REPORT ON DR. MOON: GENETICS & WELLNESS CARE

*"Hi Dr. John,  
I hope this finds you and yours safe and well. Thank you so much for a beautiful Homecoming. We are still talking about it. My staff has truly been transformed, not only by what you say, but by who you are and how authentically you and your family show up to give EVERYTHING you have for the sake of your students,,,, and their ability to go out and affect the lives of others."*

- Dr Therese Hicks

*"Thank you again for the awesome weekend. I was like a fifth grader asking all the old guys all kinds of questions and some of those guys and gals were younger than me. What a great event with such high caliber people in attendance as well as speaking. I think Dr Brett is getting better every time I hear him and Dr John wasn't too bad either. Thanks!"*

- Dr. Peter Lind

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There is no doubt that we have received the greatest compliments on this year's Homecoming seminar than any other. We had around 200 participants and there was a great energy and excitement surrounding the seminar. It was great to have Dr. Woochul Moon as a guest speaker, all the way from Korea.

Here are some highlights: Dr Moon and I covered many aspects of genetics and genomics. It is great material and we are excited to share it with you. We also had an incredible train the trainers meeting with Dr. Jeff Ulery leading the charge. Dr. Mark Earnhart, Laura Holden, Dr. Jason Campbell, etc. demonstrated how an office visit would look in the following scenarios:

- 1) with only the doctor
- 2) with a doctor and a CA
- 3) with multiple rooms and support help going at the same time.

We will definitely do this again and expand on this understanding.

Dr. David Lee and Dr. Brett Brimhall rocked the world with demonstrating the 6-Steps to Wellness, in every aspect. They had a real crowd from early until late. Dr. Jay Mead did a great presentation on saliva testing, Dr's Lynn Toohey and Patrick Garrett presented information on the eWellness computerized system and Dr. Jeff Maitland did two trainings of craniosacral therapy. Greg Jack and the Capacity Management Team (Brandy Beeson, Dr. Brian Anderson, Dr. Bruce Carrick, etc.) provided many ideas, tools and understanding on the practicing of wellness care, from billing, scheduling, scripting, report of findings, etc.

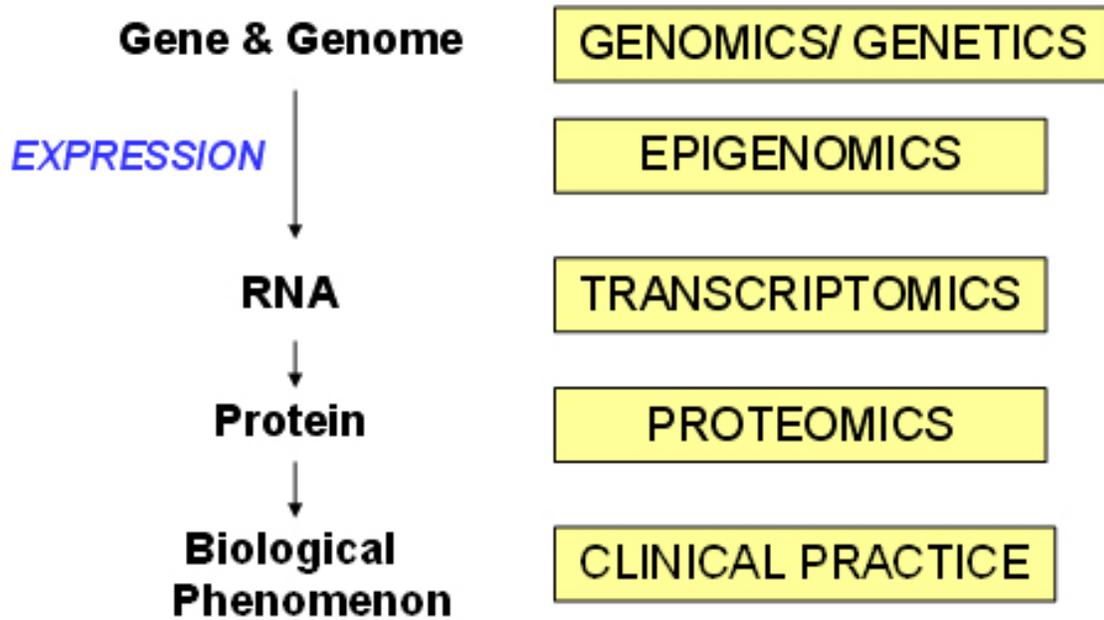
We also called on one of our Certified Doctors to tell us how they use all 6-Steps in their office and still see 200 patient visits a day. "How is that?" you ask. We will tell you next year at Homecoming if you missed it this time.

Many that were not able to attend the Homecoming seminar have asked for the information given at Homecoming. We will be covering this material in all of the 2008 Nutri-West/Brimhall Seminars, so we hope you will come and learn. We also recorded some of the seminar and will keep you posted on its availability. We will be covering some of the genomic highlights and developments in future Puzzle Pieces, as the research and experience unfolds.

Here is part of my presentation on genetics: Our genes make up our genome or the totality of our DNA. From DNA comes RNA, which creates the proteins and enzymes that allow us to be beautiful, vibrant and productive ... or malformed, dull and lethargic.

It is very evident that nutrition and supplementation has great influence on how genes express themselves. Very few conditions are caused by the genes themselves but all circumstances of health and gene expression are influenced by diet, supplementation and lifestyle. We are very fortunate to use Nutri-West pharmaceutical grade nutrition for our patients, knowing we are giving them the best. Research has shown that the red Erchonia 635 nm PL5 laser balances genetic expression at transcription and translation. Transcription is the splitting apart of the two DNA strands and Translation is the RNA doing its job to produce proteins. (I apologize for this oversimplification, but we spent three days on it at the seminar.) The slide below should help understanding.

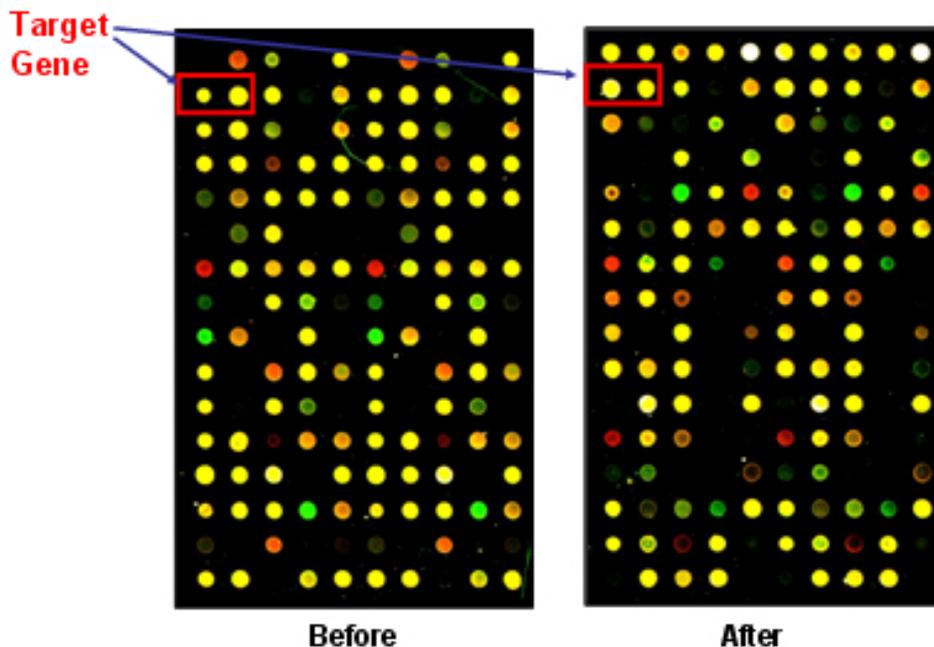
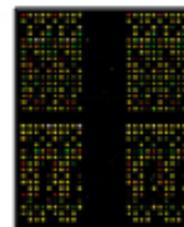
## TYPE & LEVELS OF GENETIC SCIENCE



The following is a slide from some of Dr Moon's research. These DNA chips allow him to read hundreds of genes at a time. On this one, you can see that the target gene is not as clear or bright on the left side, but after the addition of antioxidants, the target gene expresses itself brighter and is more complete.

## Expression patterns before and after Antioxidants on the Vitamin cDNA Chip

The ratio of SBR between target genes & house keeping gene ( $\beta$ -actin) is change by nutrient adaptation efficiency.



There is SO much new and exciting information to share with you, so we look forward to seeing you at a Nutri-West/Brimhall Seminar soon. I will cover some of this information at each seminar and will continue to research and report on genetics and genomics every time I present.

Yours in Health and Wellness,

John W Brimhall, DC

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