



July 20, 2009

PORPHYRIA, what is it and what do you do for it? This is a question asked by one of our practitioners. They stated their father died of it, their brother was having marked neurological symptoms, with the arms going to sleep every night and severe abdominal pains. The practitioner thinks that they themselves had a predisposition for the condition with intermittent symptoms.

Porphyria is a term that refers to a group of disorders—the porphyrias—that affect the nervous system or skin, or both. Each type of porphyria is due to the deficiency of one of the enzymes needed to make a substance in the body called heme.

Enzymes are proteins that help chemical reactions happen in the body. Making heme involves a series of eight different enzymes, each acting in turn.

Heme is a red pigment composed of iron linked to a chemical called protoporphyrin. Heme has important functions in the body. The largest amounts of heme are in the blood and bone marrow in the form of hemoglobin within red blood cells.

Hemoglobin gives blood its red color and carries oxygen from the lungs to all parts of the body. In the liver, heme is a component of proteins that have many functions, including breaking down hormones, drugs, and other chemicals and generating high-energy compounds that keep liver cells alive and functioning normally.

The body makes heme mainly in the bone marrow and the liver. The process of making heme is called the heme biosynthetic pathway. Each step of the

process is controlled by one of eight enzymes. If any one of the enzymes is deficient, the

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process is disrupted. As a result, porphyrin or its precursors—chemicals formed at earlier steps of the process—may build up in body tissues and cause illness.

This next point is one I want to bring home. Most porphyrias are inherited disorders, meaning they are caused by abnormalities in genes passed from parents to children. Scientists have identified the genes for all eight enzymes in the heme pathway. Some forms of porphyria result from inheriting an abnormal gene from one parent. Other forms are due to inheriting two abnormal genes—one from each parent. The risk that members of an affected family will have the disease or transmit it to their children depends on the type of porphyria.

One type of porphyria—porphyria cutanea tarda—is most often an acquired disorder. It occurs when factors other than genes cause an enzyme deficiency in the liver.

Porphyria and other conditions can be dormant and then manifest by triggers and mediators.

Let's take a look at a small list of possibilities:

- * drugs such as barbiturates, tranquilizers, birth control pills,
and sedatives
- * chemicals
- * fasting without adequate nutritional support e.g. Total Greens
- * smoking
- * drinking alcohol, especially heavy drinking
- * infections
- * excess iron in the body
- * emotional and physical stress
- * menstrual hormones
- * exposure to the sun

I meet with a genetic lab Tuesday of this week to see if we can get quick and effective genetic testing here in the US. I will keep you posted here in the Puzzle Pieces. For this practitioner it would be wise to have genetic testing for themselves, the whole family and quite likely their children as well.

For any person it seems all Six Steps would be necessary to achieve the greatest degree of wellness. I would start with detoxification with the foot baths and Total Chelate, along with Total Homeopathic heavy metals that show and any other detoxification nutrients that test positive such as Total Liver or Total System Detox etc. If you do not have one of the new Iontophoresis eBI unit please call Dr. Luke Lovick 678-350-5914 for the equipment details and information on how to get the best price for purchasing a unit. It helps to drive in the Nutri-West nutrition. Some of the doctors feel they get a two week head start and much deeper nutritional change using it in conjunction with oral supplementation.

Consider Total Brain, Total Mitochondria, DSF, B complex, and whatever is tested for on the Total Scan. I would wonder if there is not a hidden Gluten Allergy that can cause many different symptoms. Rule out Homocysteine accumulation as well in testing. This can and should be tested genetically as well.

Digestion, assimilation, and elimination are important in these conditions. Consider Total Enzymes and Total Probiotics.

We just returned from Kansas City and will be in Baltimore next weekend. The doctors and CA's have been rating the seminars 9 to 10; 10 being the best score possible on the scale. We look forward to seeing you soon at a Nutri-West/Brimhall Seminar where we teach you how to increase your results and your bottom line. Brandy of Total Practice Resources (TPR) is an

incredible addition to show you how to increase your bottom line without increasing your overhead. In fact she has increased offices collection over \$10,000 per month and in one case that much per week.

See YOU soon!,

John W. Brimhall DC and the Wellness Team

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