

IHHS Health & Wellness Center

1607 South H Street, Bakersfield, CA 93304

Nutritional Homeopathic & Endocrine Consulting and Sales

Office (661)-837-0453 FAX (661)-837-0560

Website: YourHomeopath.org

Anti-Aging Information

IHHS Epigenetic Program Information

Part I

Epigenetic's research is showing us we can change our genetics for the better, through correction of body biochemistry and mindfulness practice affecting subconscious levels of belief. It is how we are made to function mentally, emotionally, and physically. As you work on being well, using the nutritional tools discussed here, and experiencing the results of becoming well, something additional evolves. Your knowingness that you can be healthy, as a subconscious understanding and belief, occurs. Your subconscious will adapt your body to achieve this knowing of physical wellness in real time. This is the all-encompassing way to take charge of your health and wellness on several levels.

Our bodies require good compounds for it to run properly. If there are too few good or too many bad compounds, the body will not function well. Bad compounds take the form of certain drugs, chemicals, metals, and organisms present in the environment. These compounds contaminate our drinking water. According to the US Geological survey, all municipal water contains at least two pharmaceutical agents and 25% has 24 (or more) agents. Even England's municipal water has been contaminated. Fluoxetine (Prozac) has been found in 50% England's water since 2000, and it has not improved. We know that municipal water contains heavy metals and other agricultural contaminants. These facts are shocking since water plays an essential role for all living organisms on the planet.

Our bodies are like buckets that gradually fill up with toxins which cause disease. The liver is like a small hole in the bottom of the bucket. It removes compounds from the body like water leaking from the hole in the bucket. If the liver is negatively affected by toxins, it stops the body's ability to detoxify. Just as if the hole in the bottom of the bucket is plugged, the water level rises and spills over. When the bad compounds build up other organs in the body are affected. One major organ affected is the gastrointestinal (GI) tract.

The GI tract is like a gas tank that is essential for running your body's motor at peak health. Disease can result if your absorption of nutrients or your ability to remove toxicity is decreased. The gastrointestinal tract becomes imbalanced by Genetically Modified Organisms (GMOs), pesticides, insecticides, fungicides, herbicides, and heavy metals. These poisonous chemicals damage the villous surface and good bacteria in the intestine that maintain homeostasis, manufacture B vitamins, and anti-cancer compounds. We know GMOs are in nearly all types of food at levels 1000's of times higher than what is required to cause cancer. They interfere with the liver enzyme pathways needed for detoxification. Once the liver does not function properly toxins and heavy metals begin to gradually build up in the body. These negative affects compound with nutrient depletion from unhealthy food sources.

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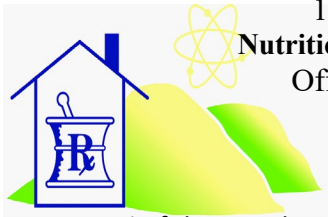
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By 2020, 50% of the population over 65 years old are expected to have Alzheimer's, which is one form of Dementia. Currently 25% of those over 65 years old have Alzheimer's. Pre-Dementia states have Metabolic Syndrome which contributes to neuronal damage in the brain. Its symptoms consist of diabetes, high blood pressure, and high cholesterol. These "Pre-dementia" states are not accepted as the serious brain health concern that they are in Western medicine. These symptoms are a result of pathway imbalances that will ultimately lead to RNA-Nrf2 transcription factor mis-folding proteins in the brain, which is the cause of dementias. There is no cure and it is an epidemic that is poorly managed with medication.

Our bodies are out of balance because they lack natural regulator substances which consist of chemical reactions that move waste and toxins out of the body.

- Are there ways to turn regulation back on?
- Is Health & Wellness possible without medications and side effects?
- Could it be less expensive than medication and lead to happier lives?

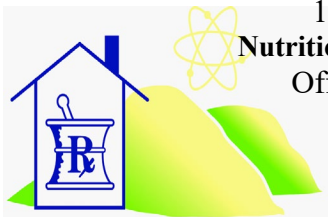
We begin to understand why disease interferes with the equilibrium of the body, and that disease can only be managed with synthetic drugs, not corrected. Proper nutrition, detoxification and exercise can help bring a person back to health and wellness.

Exercise is one influential epigenetic player. It assists in changing gene expression and codes your body in ways that result in a longer healthier life. It lowers the body's production of free radicals and inflammation which contribute to chronic illness. Most importantly exercise activates production of brain derived neurotrophic factor or BDNF. This factor instructs the brain to repair itself and grow new brain cells via neurogenesis. Proper nutrition and detoxification is essential to optimize outcomes from exercise.

Non-organic processed food is nutrient depleted, and is high in compounds that negatively deregulate the body and create addictions to these foods. Chemical and heavy metal toxicity are tied with missing vitamins, minerals, and trace minerals. Toxin removal is stopped due to interference of negative compounds with the liver cytochrome P-450 pathway. The body continues to build up more and more multiple toxins, causing ever worsening diseases. In essence, the body cannot clean itself and is more 'gunked' up every day.

It is a simple concept that is easy to do. It can get complicated without a professional to guide the process. Everyone benefits from proper guidance, balancing the biochemical pathways that cause health and wellness, enhancing your lifestyle. Most people are surprised by how good they feel by correcting

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body systems that function poorly. Unfortunately most people are completely unaware that food, environment, vaccines, and even pharmaceutical drugs may contribute to their illness.

(Note: Do not stop taking prescription medications without your doctor's approval.) Working with medical professionals that desire for your personal health should always be your goal.

In the next section, I will explain the biochemistry that relates to the above discussion. We will go into the pathway characteristics necessary for rebalancing the body. If you are interested in products for rebuilding your health and wellness, please skip to Part III. For those who wish to understand the biochemistry, please read on.

Part II

If you work to preserve the brain the rest of the body follows. To preserve brain health, you need to turn on the body's ability to stay well. This includes activating several pathways critical to wellness that toxins and stress inactivate. Specific nutrient enhancement will boost glutathione, catalase, superoxide dismutase (SOD) and nitric oxide. The resultant change in metabolism, increases oxygenation, slows telomere shortening, increases DNA repair, returns glands and brain structures to health while increasing cognition and IQ.

Glutathione helps with long life. It is made up of cysteine, glycine, and aspartic acid. It protects cells from free radicals, detoxifies drugs and carcinogens, regulates protein synthesis and DNA, as well as enhances immune function. It impacts many levels of bodily function and treats 100's of diseases with catalase and SOD.

Catalase and, SOD are super antioxidants that prevent mitochondrial damage and protect organs. Typical antioxidants such as Vitamins C, E, and others do not have the same ability to neutralize free radicals that result from oxidative processes in the body and cause tissue damage.

The body needs both oxidative materials and the removal of oxidizing compounds to balance. Oxidative phosphorylation is an oxidative process that produces energy in the body. This process creates free radicals that damage body tissues. After this oxidative reaction, the body benefits from the super antioxidants that inactivate free radicals and also control cells that do not belong in the body, such as virus' and cancer. Too many ingested antioxidants can cause break down in tissue. Increasing glutathione, catalase, and SOD within the body for detoxification and free radical neutralization will improve longevity and health.

Methyl groups consist of one carbon atom and three hydrogen atoms that are ready to bind in chemical reactions within the body called methylation. Methylation regulates genes by turning them off and on. This also results in production of glutathione which protects the body. It processes chemicals

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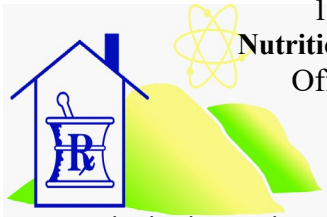
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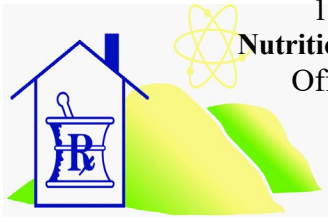
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and toxins in the body, synthesizes neurotransmitter's, hormones, t-cells, killer cells, DNA, RNA, CoQ-10, and carnitine. It continually repairs DNA so cells stay young at an amazing rate of 80 billion times a second. We can repair and change our DNA when we are healthy!



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Prescription medications and niacin deplete methyl groups needed for methylation. Also low methylation is caused by environmental toxins, heavy metals, plastics i.e., BPA; chemicals i.e., arsenic/mercury; and genetic mutations i.e. MTHFR enzyme defect in 45% of people. Increasing toxins in the body and organs along with growing enzyme defects require methylation support for normal healthy functioning.

5-MTHF and methylcobalamin (a methylated form of vitamin B12) are used in a process called methylation. Methylation is required to produce glutathione. The methylation process requires zinc, magnesium, Vitamin B-6, Vitamin B-12, methyl folate and other methyl group donors. MTHFR is an enzyme that converts inactive folate into the active form called 5-methyltetrahydrofolate (5). If a person has a MTHFR defect they are genetically unable to produce adequate levels of glutathione. I have found that using these vitamins generated by the probiotic bacteria we are supposed to have in our intestines, acts as if the vitamins were made in the body, and has a greater health effect. I theorize that the resonance of these vitamins being made via endogenous probiotic bacterial sources versus exogenous manufacturing allows the body to incorporate their use more harmoniously or holistically.

Memory and mood are profoundly impacted in as little as 30 days with methylation support. Cells will age more slowly and reverse tissue breakdown. This support aids DNA repair and bodily detoxification of heavy metals. It also metabolizes homocysteine into healthy molecules like glutathione, and s-adenosyl methionine (SAM-e).

Methionine converts into homocysteine after the donation of a methyl group. Which negatively affects our heart health. Homocysteine is one of the best indicators of longevity. Re-methylation with Vitamin B-12, zinc, methyl folate, Vitamin B-2, magnesium, trimethylglycine (Betaine) causes homocysteine to convert into SAM-e, and other neurotransmitters such as serotonin, epinephrine, dopamine, and melatonin.

Low glutathione makes the body break down faster; so, the 1st step in a good cognitive nutritional program should be to heighten glutathione levels by methylation.

Consider the following:

- Poor methylation stops the formation of new DNA and RNA, yet in health, new cells need to be created as fast as they die, using our DNA and RNA.
- Poor methylation leads to poor heart health by lowering Co Q-10 levels.

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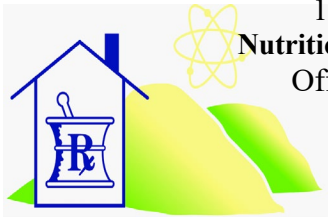
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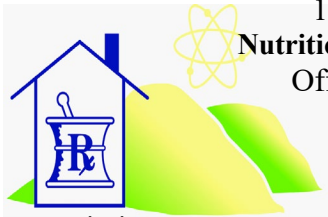
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- Poor methylation can prevent the immune system from recognizing foreign bodies leading to auto-immune conditions and impaired t-cell synthesis.
- Poor methylation affects focus, organizational skills, sleep, memory, emotional stability, hormonal regulation, and nor epinephrine, contributing to ADD and ADHD.
- Poor methylation and high homocysteine leads to heart disease, stroke, blood clots/DVT's peripheral vascular disease, cognitive decline, diabetes, retinal disease, rheumatoid arthritis, Parkinson's, and even alcoholism. A 5 point decrease in homocysteine blood levels is equal to a 49% decrease in mortality and a 50% reduction in cardiovascular death
- Poor methylation is tied to: Fibromyalgia/Chronic fatigue syndrome, pulmonary embolism, addictive behavior, insomnia, autism or Down's syndrome, frequent
- miscarriages, bipolar or manic depression, allergies or chemical sensitivities, atherosclerosis, spina bifida, cleft palate, neural tube defects, multiple sclerosis and other autoimmune disorders, Hashimoto's or hypothyroidism, dementias, schizophrenia, anxiety, neuropathy, Lyme disease toxin build up, and chronic viral infections.
- It breaks down neurotransmitters. High amounts of epinephrine and norepinephrine lead to seizure, panic, and fits of rage.
- What affects methylation? Poor diet, poor probiotic status, digestive issues, green coffee, medical conditions related to the GI track i.e., Crohn's or Celiac disease. They all cause nutrient deficiencies and stress on this metabolic pathway.
- Xenobiotics or chemicals in air, food, water, home, work, schools, cosmetics, bedding, and more interfere with the methylation pathway.
- Prescription medications especially antacids, acid blockers, proton pump inhibitors, steroids, estrogen drugs, cholesterol binding agents i.e., Colestipol ,Metformin, sulfa drugs, some seizure drugs, and alcohol, interfere with methylation and reduce glutathione.
- Gut fungus releases acetaldehyde and heavy metals, i.e.,lead, mercury, cadmium, and arsenic from multiple sources, all interfere with proper methylation.
- Stress and anxiety interfere with proper methylation leading to various diseases.
- Opening up this pathway helps to clear your body of poison and reduce toxicity of symptoms.

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Begin with the gastrointestinal tract. High quality probiotics, colostrum, and optimized organic nutrition are essential to turning on proper GI tract function. This will allow for absorption of micro and macro nutrients the body needs for proper biochemical performance and production of vitamins and other compounds by the villous surface lining. Optimized nutrition by transsulphuration with probiotic generated Vitamin B-6 and Vitamin B-2, with zinc and magnesium will allow the body to convert homocysteine into phase II glutathione and improve heart health.

The Human Genome project in 2001 discovered that 40-45% of the population has a genetic defect affecting the enzyme MTHFR, which is needed for conversion of folic acid to methylfolate. The enzyme is responsible for heart disease, inflammatory conditions, hypersensitivity, auto-immune disease, fatty liver, and chronic illness. Anyone over 25 years old, in today's toxic world, has deteriorating hormones, enzymes, and mental health.

Let's go back to catalase and superoxide dismutase (SOD). They act by reducing oxidative stress which prevents tissue damage. As the strongest antioxidants in the body, they improve degenerative conditions by as much as 50%. Low levels of SOD contribute to the aging process. Catalase uses hydrogen peroxide to oxidize toxins, and is a dual action cellular enzyme. Supporting SOD and catalase leads to a improvement of 20% in lifespan.

Another concern is the survival of genes that protect the body from oxidative stress. Nrf2 is a protein messenger that sends messages to DNA and turns on 100's of survival genes to fix oxidative stress. It also down regulates pro-inflammatory genes. Nrf2 works with Keep-1, a sensor in the cell, which inhibits Nrf2 in the cytoplasm. When needed, Keep-1 up-regulates Nrf2. It responds by creating catalase, SOD, and the phase II detoxification enzyme glutathione. Nrf2 protects the heart, blood vessels, insulin balance, limits oxidative stress and helps the liver detoxify environmental toxins.

There are 3 kinds of Nitric Oxide. They fit into the docking sites that trigger biochemical reactions. Some of these control platelet function, reduce plaque by 50%, and increase muscle growth and strength. Low levels of Nitric Oxide can lead to depression, lowered immune function, slow wound healing, and erectile dysfunction. For more information about Nitric Oxide please refer to the IHHS website under Natural Solutions for "Nitric Oxide the Body's Miracle Molecule" at <http://www.yourhomeopath.org/documents/services/NitricOxide.pdf>

Nitric Oxide is impacted by toxicity. It expands blood vessels and lowers blood pressure, increases the flow of nutrition to tissue, and eliminates waste, while supporting the immune system. It sends messages that regulate cells and informs bodily functions and organs. It prevents clots in stroke patients, inhibits cancer cell growth, and prevents complications from impaired blood flow. Toxicity damages endothelial cell walls which prevents Nitric Oxide from forming. In my experience even 21 year olds are

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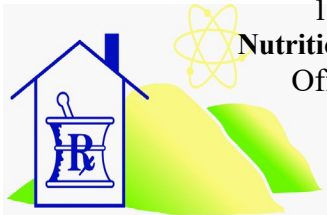
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deficient in this compound. It is good for memory, internal transmission of information in the brain, and long term memory.

As we have already discussed these compounds are needed for health and support each other. Nitric Oxide supports Nrf2, which supports SOD, catalase, and glutathione. These compounds all aid to stabilize the body and improve long term health.

Part III

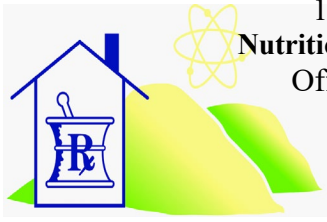
Understanding the breadth of these issues requires an interdisciplinary approach. Our food chain and environment are corrupt. Bad chemicals have increased world wide and these include: synthetic estrogens, pesticides, DNA altering GMOs, atmospheric heavy metals, and radiation. Nutritional content in foods has declined and Western medicine has become a major cause of death. In the last 10 years more people have died from pharmaceutical agents than all the wars combined, but this does not mean one cannot be healthy.

To prevent and treat illness use organic, high nutrient food, and clinical nutrition supplements that work as medicine. Supplement by using vitamins, minerals, trace minerals, amino acids, antioxidants, digestive health products, natural hormones, and herbs. Other

modalities also improve health: homeopathy, biofeedback, radionics, and others. Using knowledge to learn, focus, and achieve your individual health goals.

At IHHS Health & Wellness we specialize in giving you the individual tools needed, to be at your healthiest. We provide a step-by-step path to health and wellness. If you are interested in feeling good, having better health, preventing dementia, and improving your lifestyle, allow us to assist you. We can help you with regaining and maintaining your health today.

Proceed to the next page to view examples of some of the base programs and products for Health & Wellness that individuals can use to customize and help achieve their health goals.



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The IHHS Energy and Wellness program

http://www.yourhomeopath.org/documents/services/EWC_Therapy.pdf

The IHHS Herbs to Optimize Health program

http://www.yourhomeopath.org/documents/services/EWC_Therapy.pdf

The IHHS Homeopathic Detoxification program

<http://www.yourhomeopath.org/documents/services/Detox.pdf>

The IHHS Homeopathic Immune Stimulation program

http://www.yourhomeopath.org/documents/services/Hormones_in_synergy.pdf

Nitric Oxide enhancement via NEO-40 and the ND products

<http://www.yourhomeopath.org/documents/services/NitricOxide.pdf>

Vitamins, Minerals, Trace Minerals, Digestion aid, etc.

<http://www.yourhomeopath.org/documents/services/9-steps.pdf>

Vit E, Vit C, Vit D, Vit K, Multivitamins, minerals, trace minerals,
Alpha lipoic acid, CO Q-10, Grape seed extract,
Zinc, Selenomethionate, Iodine, Magnesium, Indium
Betaine, Prescript-Assist 39 strain Probiotics, Colostrum, ZeoForce
ALC, NAC, Taurine, Lysine, & etc

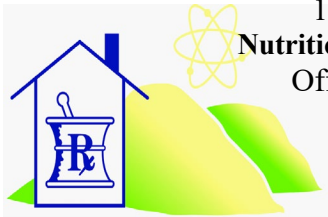
Compounded Bio-identical Hormones by prescribed order

<http://www.yourhomeopath.org/questions/compounding.shtml>

Classical homeopathy http://www.yourhomeopath.org/art_of_homeopathy.shtml#

The increase in chronic disease and Dementias make it necessary to add tools that combat the assault on our long term health and wellness. Most individual health needs will be met with the programs that we offer.

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In addition IHHS now carries "The IHHS Epigenetic Program" to super charge wellness and brain health for longevity and enhanced lifestyle.

Note: No person will end up using all these products.

They are selected individually based on needs of each person's health goals.

B6-ND

A rich live source of B-6 with end-chain forms i.e., P5P in capsule form.

B-12-ND

Live Probiotic generated formula; a rich live source of methylated B-12

Folic Acid-ND

Live Probiotic derived; a rich live source of folic acid in methylated end-chain forms

Green Tea-ND

A premier anti-aging, digestive, immune, and rejuvenation support in capsule form

Max B-ND

Live Probiotic generated formula, maximum adrenal, liver, energy, and mood support

Detox Accelerator

All natural support to aid in the elimination of environmental and naturally occurring toxins

Glutathione Accelerator

Assists the body's natural ability to manufacture glutathione

Methylation Accelerator

Assists in cardiovascular health, cognitive health, provides support for healthy homocysteine levels and methylation required for DNA repair and production of SAM-e

Methylation II Accelerator

Provides methylation support for MTHFR defect and assists in cardiovascular health, cognitive health, provides support for healthy homocysteine levels and methylation required for DNA repair and production of SAM-e

Nitric Oxide Accelerator

Aids the body's natural ability to produce Nitric Oxide or **NEO-40 lozengest**

Nrf2 Accelerator

Provides support for the Nrf2 process in cells that creates antioxidants (Catalase & SOD) and Phase II enzyme (Glutathione) to reduce inflammation and support cellular integrity and stabilize proteins

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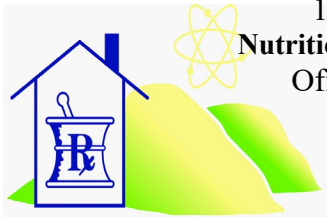
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Pro Bioactive Folate

(6S)-5-Methylfolate for supplementation support of MTHFR defect