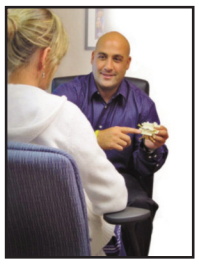
Herniated Disc?

Avoid Surgery with the Kennedy Spinal Decompression System



At Bernardsville Spinal Decompression Center we provide an FDA-cleared, nonsurgical, drug-free procedure for alleviating back and neck pain caused by herniated discs, called "spinal decompression."



ADVANTAGES
- ☑ Extremely Safe
- ☑ Likely Effective
- ☑ FDA Cleared
- ☑ Non-Surgical
- ☑ Affordable Cost

EFFECTIVE FOR
- ☑ Ruptured Discs
- ☑ Spinal Stenosis
- ☑ Sciatica
- ☑ Facet Syndrome
- ☑ Failed Surgery

Bernardsville Spinal Decompression Center

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Visit our web site for more information **bernardsvillediscdr.com**

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Health Hotline



NUTRIGENOMICS AND METHYL CYCLE MUTATIONS

By: Lakshmi Prasad M.D.
Metabolic Wellness & Longevity Institute

A person's state of health arises from the dynamic interaction of environmental factors with his or her genetic uniqueness. These factors can positively or negatively impact the extent to which people will realize their genetic potential.

It has been demonstrated that nutritional factors have a major influence on healthy gene expressions, known as **Nutrigenomics.** Its influence on protein synthesis is known as **Proteonomics** and on metabolism as **Metabolonomics.** As a result, a new patient-centered healthcare is emerging that relies upon nutrition and other modifiable lifestyle factors to help people achieve optimal genetic expression.

Diseases should be analyzed and treated as a combination of lifestyle, environment and heredity. Yes, smoking eventually causes lung disease. But, some people smoke and get lung disease at an early age, some only at an older age, and some seem to be able to get away with smoking all the way to their nineties. What causes Diabetes in an individual? Is it overeating or bad genes? Genetics certainly isn't the only factor in diseases. A hundred years ago, Diabetes was much less of a problem and in the past century human genes haven't changed much. What has changed however, are eating habits, physical activity and the environment we live in. (Berger, E. Houston Chronicle). We are all exposed to multiple toxins and live in the same general environment, but only some of us get heart disease and cancer – Why? It is probably our genotype, specifically the status of the genes making up our **Methyl Cycle** that renders us more, or less susceptible to environmental influences.

The term 'Methyl group' refers to CH3. One carbon atom attached to 3 hydrogen atoms. The enzymes of the Methyl cycle add or subtract a methyl group from another molecule to open or close biochemical pathways, to open DNA when it should be read and to close it when it would not be in our interest to decode a gene. We need Methyl groups to silence viral DNA, defend against other microbes and environmental toxins. People with certain methyl cycle defects are more prone to manifesting diseases. These could include Fibromyalgia, Chronic Fatigue, and multiple chemical sensitivities. Diseases seen more commonly in the older population, like Dementia, Parkinson's, coronary disease etcetera, can present at an earlier age. So disease can be seen as a combination of **lifestyle, environment and Methyl Cycle Genomic defects.**

There are many combinations of Methyl cycle Mutations that can occur in a person. To name a few, Methyltetrahydrofolate reductase (MTHFR C677T, A1298C), Methionine Synthase Reductase (MTRR), Cysteine Beta Synthase (CBS), Catechol-O-methyl Transferase (COMT) etc. As an example of a treatment protocol, a person who has a C677T mutation should be on Methylfolate, but the dosage of Methylfolate may vary based on other concomitant mutations. A person with a CBS up regulation needs to be careful about using medications with Sulphur and should minimize sulfur rich food like wine, dried fruits, bottled juices etc.

While a person's genetic susceptibility cannot be changed, a physician who specializes in Nutrigenomics can look at the Methyl cycle analysis and recommend nutritional supplementation and lifestyle modification personalized to your genetic profile. Judicious use of nutrition and supplements can help bypass underlying genetic weaknesses, lower your risk factors and achieve optimal health.