

Chapter 1

Understanding genetics

Modern science and medicine have taught us that genetics dictate every portion of our lives in the sense of health and what we can expect in wellness or disease. Every intelligent person knows that nothing can be done to change the genetic pattern. It seems reasonable that if medicine cannot identify the cause and cure of an illness, it would be genetic in order for some answer to be available. By placing it under the genetic hat the level of responsibility is removed because as stated, nothing can be done about it. There are two options where genetics are concerned. The first is that genetics govern every aspect of your health including your height, the color of your eyes, the size of your feet, the shape of your body and the disease which will eventually claim your life. The second is almost opposite of that: your genetic codes are only manifestations of the choices you make or choices those who have gone before you (ancestors) have made. What is genetic, or inherited, and how much of your fate is controlled by it? Will your genetic code form your destiny or can it be influenced and even altered? This chapter will shed light on helping to determine the answer or choice that is correct.

Until 1997, geneticists believed that once a cell had differentiated from its embryonic stage to become an adult cell, it could not go back and become an embryo again. This meant that each cell in your body was permanently stamped by time. If cloning were made possible from a cell sample, clone reproduction of that cell sample could never produce a clone younger than the age of the cell sample. This means that if a cell sample taken from your body at the age of 12 was cloned, that cell sample could never be made younger than you were at the age of twelve. This theory was reasonable because people age on a daily basis, and no method for stopping the aging clock had been found. It must be that each cell was permanently stamped by time and could never be reverted or made younger. Aging, and every other factor related to the body, was a predestined program unfolding into its unknown demise as time passed.

Dr. Ian Wilmut was the individual who changed that line of thinking when he used a cell sample from an adult sheep to make a clone of an embryo in Scotland in 1997. He shook the concept of genetics and developmental biology when he stated, "The fact that a lamb was derived from an adult cell confirms that differentiation of the cell did not involve irreversible modification of genetic material required for development to term." Quantum physics had been stating such concepts for some time because it understood that space and time are not linear as most people believe. According to the principles in quantum physics, nothing is predestined. Dr. Wilmut's research finally proved that the human cell, the basis of all life, was not predestined to live or die by the secret code of the genes. Cells were not permanently stamped in time. As a matter of fact, this new research proved that all the genetic information encoded as your inheritance is potentially accessible to any cell in your body.

If an adult cell retained the information needed to create an embryo, it proved that the cell retained information from every stage of life. The fact is, combined research has demonstrated that every cell in the body contains a kind of holographic image of every stage of life and health you have passed. This means that every cell has information from every stage of your development from an embryo to present, no matter the age, for every cell type in your body. In addition, each cell contains an image of what that cell is supposed to look like if it were in perfect health. If each of your cells contains information on how to look and feel younger, why are you aging? If the memory of perfect health is in each of the cells in your body, why are you less than perfectly healthy?

At this point, we need to understand the difference between a genome and a phenotype. A genome is the full set of genes in an individual. Phenotype includes the entire physical, biochemical and physiological makeup of an individual. Phenome is best understood as the expression and function of a genome. For some time, there has been an ongoing international effort to "decode" the genetic information locked in the 23 pairs of chromosomes called our genome. This effort is called the Human Genome Project. Some felt apprehension about being able to discover the kind of information held in these codes, as it might reveal the type and time of death for each person. If genetics held the key to the amount of health or disease as well as

when it would all occur, this was a reasonable fear. Because the information in your genes is presently programmable, this is no longer a fear. Research has now demonstrated that your destiny is not predefined: it is set by the choices you make every day. Even more real than the fact that your genes are programmable in the present is the fact that the way the information in your genes is interpreted is changeable on a daily basis. So let me ask the question again: if the memory of perfect health is in each of the cells in your body, why are you less than perfectly healthy?

The phenotype or expression of your genes basically occur in two stages, transcription and translation. What you eat and drink, the environment you surround yourself with, the stresses that influence you, the activities, experiences, medications you take and everything you do or are subjected to are transcribed into your cells and become recorded in your genetic hologram. Knowing this, we can mirror back to all the foolish choices we have made before today and think we are doomed. But transcription simply means the information has been recorded. How your genes translate or express the information is another story and can be modified by the choices you choose to make each day.

Modern science, especially that which governs medical thinking, was established by Gregor Mendel's genetic research and that of many geneticists who followed in his established beliefs. His concluded theories indicated that we have no control over our genes. This thinking has been passed down through the medical training and, as patient or doctor alike, we have been taught that our health is predetermined. We have been taught that disease will come, there is nothing that can be done about it, so accept it and attempt to treat it when it comes. Medicine's responsibility under this belief was that nothing could be fixed, so focus needed to be placed on repair, not prevention and certainly not in a cure. Considering a cure would be foolish if destiny was written in the unchangeable genetic code. Even now medicine has high hopes of identifying the gene responsible for every illness and disease in hopes of being able to alter it one day. With this theory, you can see why we have so much surgery and medication. If a body part becomes faulty or diseased, cut it out or replace it. If you get to the place where you can't deal with your symptoms anymore, take a drug to suppress it.

I can see the reasoning in the surgery/medication concept if the Mendelian principle had been true, but there is so much research and proof that genetics do not dictate one's wellness destiny that to continue the present path of thinking is simply denial. If the facts were known, medication actually contributes to distorting or corrupting your genetic codes or what I will shortly call "junk" DNA. I know how hard it is to change patterns of thinking when a comfort level has been reached. When the concept of surgery and medication is all we have known, it is easy to continue with a belief that feels familiar. But this is costing many of you your lives. Modern medicine knows about these new findings, but they have become comfortable in the amount of finance this faulty thinking generates. The financial agenda in medicine is so incredible that truth now stands behind the agenda. This issue is not my focus at this point; my interest is not to change the way medicine thinks or even how they continue to harm and kill people with their faulty thinking and barbaric ways. My interest is in helping you, the individual. You the person who wants to live, who wants a chance at health and happiness but has only had the medical establishment to trust thus far.

Now that I have your attention and you know that health and wellness must become a personal endeavor if it is ever to be attained, let's talk about how genetics work. We all know that DNA is where all of our genetic codes are secretly kept. DNA is only made up of four chemical building blocks - adenine, thymine, cytosine and guanine. These four chemicals combine in sets of three and allow only 64 possibilities, which means that all the diversity we know in life of bacteria, plants and animals derives from these 64 possibilities in the formation of genes. Research has found that along these DNA strands there is a lot of "junk" DNA. It is an unfortunate term that has been used for elements we simply don't understand yet, but the combination of "junk" you accumulate along your DNA strands is what inevitably dictates the final expression or translation of your genes. Genes are pluripotential, meaning they will manifest or express differently depending on surrounding influences. Your genetic code will never change in the sense that you will always be human, but the way the messages are expressed may vary quite a bit. For our purposes, this is great news because a perfectly healthy human DNA strand obviously has a very specific formation. When you expose your body to poor diet, lifestyle, practices and experiences, it simply allows new "junk" formations along your DNA strands. As more "junk" accumulates, the translation or message interpretation becomes more and more distorted and you get further and further away from health. On a deeper level, if

the “junk” along your DNA accumulates in a pattern that becomes similar to another species, you can actually begin to manifest some of the characteristics of that animal. This in no way implies evolution; as stated, you will never be anything but human. But the pattern of “junk” influences how your genes are expressed. Your characteristics, the expression of emotion, is simply an expression of your genes, and changes in your environment (diet and lifestyle) most certainly induce changes in the expression. This means that no matter what your affliction, it is changeable because transcription is not as important as translation or expression and the expression can change as quickly as the environment is changed.

Because the body is adaptive, the DNA strands eventually either mutate or become untranslatable if the environment continues to be negative and the “junk” continues to accumulate. The sad thing is that your children are nothing but a copy of the DNA strands you had available when you reproduced. When you decide to reproduce, you are passing on the DNA patterns you inherited, or should I say all the “junk” you inherited as well as all the “junk” you have added to the equation during your life. When this “junk” becomes too great, DNA mutates or ceases to function. Because of its adaptiveness, the body will always fight to stay alive, even though the result is not what we want. Mutated forms of DNA are evident in mental retardation and other kinds of deformities. It might be better if the body had some sort of fail safe mechanism that stopped reproduction of any cells or DNA strands that were not pure to a certain standard, but this is not the case. We simply create children who are retarded, deformed or appear normal on the surface while they carry the mutated genes we have spawned during our irresponsible lives. While those of you who have had children with deformities or handicaps of some kind might begin to feel guilt with this new information, please don’t waste your time with feelings of guilt. What was done in the past is over; focus on what you should do today and tomorrow. Those parents who have seemingly normal children are not doing any better, because their children will at some point reap the same consequences if a change is not made. You cannot see the genetic code, but I guarantee you each generation is getting closer to mutation if it has not yet occurred. The question is not if it will happen but when it will happen if you do not begin to change the habits that form this “junk” DNA.

This is probably a good time to explain the action of medication on your genes. When you take a medication for any symptom or condition, from aspirin as a blood thinner, blood pressure medication, chemotherapy for cancer or anything in between, you are creating “junk” DNA. Medication and pain killers work by forcing suppression of symptoms. They do not eliminate the problem. Even your doctor knows this: they simply cover it up so you can’t see it or feel it. If the problem is not being resolved, it is simply moving to an area you are not aware of. In many cases, it moves to other organs or tissues, but it generally forces the illness, or the cause of the illness, into your cells. The last chapter of this book will explain how toxin accumulations are the cause of all disease; toxin accumulations are what create “junk” DNA. Toxins include the chemicals we are exposed to in the foods we eat, the water we drink and the air we breathe. Toxins accumulate from medications, vaccinations, dental fillings, interaction with other people, especially on a sexual level, inheritance and various other sources. These toxins put the body in a host position for fungus, bacteria, infection, viruses, parasites and all pathogens to flourish. These will all be explained as the cause of all disease. These are what I have come to call DCA, or disease-causing agents. When these toxins are allowed to accumulate, they eventually convert to “junk” DNA.

Medication, the topic at hand, just happens to be one of the worst toxins for two reasons. First, medication is very toxic. Secondly, and probably more important, is that people accumulate the listed toxins and develop the symptoms and diseases they run to the medical doctor for. Instead of identifying the toxin or toxins causing the problem, a medication is used to cover it up or eliminate the symptom. As stated, the medication is itself toxic, but now you are suppressing or forcing these other toxins into hiding. By not eliminating them, they eventually become or contribute to the “junk” DNA. The more medication you take to cover up the problems, the closer those problems get to becoming part of your DNA. This is sad for your own health, but think what you are doing to DNA that will one day reproduce and become a child, your child. This factor is exactly why children are born with disease and every generation keeps getting worse, much worse. A child could not be any more than the parent had to offer. The problem is not a faulty genetic code; it is a distorted or contaminated genetic code. Your children are your legacy; what are you doing to your blood line? Are you proud of what you are passing on, of what will represent you in the future? Parents are not being responsible with their own health: they are covering the problems up and passing

them on to their children. No matter how irresponsible you have been, no matter what mutations or deformities you have already spawned, there is still an answer.

Remember that every cell holds the image of a younger and/or a perfectly healthy cell, so no matter how hopeless your situation seems, it is not. The question, or problem, then is not the possibility but the ability. You need to be diligent in following the principles outlined in this book so you will begin avoiding and eliminating the toxins that might cause future problems in yourselves or your future children. Those who have already been born with mutated or deformed gene expressions need to know that correction is not out of the question. It is not a mutated gene but a mutated expression. It takes incredible discipline and courage to do what needs to be done in order for DNA mutation to be reversed, but DNA correction is attainable, especially in terms of reproducible DNA. I have worked with people who had known genetic mutations in their line, and they have had normal children. I even worked with a woman whose fetus was medically tested for retardation at the age of three months (embryo) and that baby was born totally normal because we targeted the “junk” on the DNA strands. This book is geared to helping you reach a living state of health and wellness. Don’t ever assume that your health is predetermined: don’t ever settle for disease. No human body will last forever, but the health and time you have to live is certainly dictated by the choices you decide to make today.

If aging is not required, if genetic dispositions are not unchangeable, how then, do we reverse the current patterns? Your present situation is the result of the choices you have made while you have been alive, but it also incorporates the genetic result of the choices made by your previous generations. With the proper tools, the body will heal much faster than it will become sick, so this still isn’t anything to become dismayed about. Remember that transcription is not nearly as important as translation. The saving factor is that your cells will always do the absolute best they can with what they have available. The cells are resilient: they can repair and regenerate and, as research has now proven, they can become younger and even perfectly healthy no matter what stage of life you are in or what you have wrong with you. The issue is not whether you can get well: the issue is whether or not you are doing what it takes to get well. As you can see, there is no excuse for illness or disease other than lack of knowledge or discipline. You either don’t know what to do or you are choosing not to do what you know you should be doing.

It takes sixteen years for a toxic element to become a piece of “junk” on your DNA strand. That means that toxins must remain lodged in your body for sixteen years before they can start to distort the DNA. New testing in Germany that allows a visual of live genomes indicates that genes can shed “junk” or become healthier in a matter of moments! Genetic strands are returning to a more healthy state within moments of therapies designed to detoxify the “junk.” I don’t know about you, but that gives me all the hope I need. That tells me that dedication will reap rewards, that if I use the proper detoxification methods, there is no incurable disease! Even if there were not research to prove it, I have proof developing every day I see clients willing to do what it takes in diet, lifestyle and detoxification. The proof can’t ever be stronger or more convicting than life experience.

NOTE: This book has focused on creating a balanced diet and lifestyle so the foundation of health is strong. The last chapter discusses detoxification briefly, but book 02 of the Get Well, Stay Well series is the book you will want to study to understand TBA. TBA is a procedure developed by Dr. Reuben T. De Haan allowing an individual or practitioner to evaluate for the toxic accumulations that are creating or will eventually create DNA “junk.”