



Check With Your Medical Practitioner Before Making Changes to Your Health Plan..
These notes are for informational purposes only and are not a form of diagnosis, prescription, or recommendation.

Notes to follow up ... on December's Anti-Aging Topic



Happy New Year to all the wonderful members of the Dowers Group!

I really enjoyed meeting with you all ... and am following up with so many who had great information, insights and questions to share. If I have not reached out to you personally, please call me! I have had a family tragedy that took my focus for a moment ... and I do want to talk with you!!!

Meanwhile, we did not get to dig into some of the important information at the end, as we ran over and had to cut our session short. Following are some links for things we discussed, and a few more items that we never really got to cover ... just in case any of you can benefit from the information!

Best wishes for a healthy, prosperous, and youthful New Year!!!



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1. EpiGenetics

Testing for Epi-Genetic mutations and anomalies can reveal some of the unique ways that your body responds to the environment. Armed with this knowledge, you can make better decisions about things like:

- Nutritional Supplements – for some Epigenetic variations, certain common nutrients are toxic
- Lifestyle Choices – Certain environmental and lifestyle factors that help or harm
- Focused Nutritional Support – not a vitamin or super-smoothie ... but focused enzymes and other co-factors that help the biochemical machine keep chugging along even when epigenetic glitches cause log jams

23 & Me: Is an easy-to-use genetic testing service that can reveal your epigenetic patterns

<https://www.23andme.com/>

NOTE: Once you receive your 23 & Me report, you must run the RAW DATA through another program that will root out the epigenetic patterns in your DNA. The report that comes with your initial 23 & Me report does NOT include epigenetic results.

Genetic Genie is one service that will analyze the RAW DATA from 23 & me: <http://geneticgenie.org/>

2. Mast Cell Activation Disorder

Also called MCAD (for Mast Cell Activation Disorder) and MCAS (Mast Cell Activation Syndrome), this condition involves a trigger response by the Mast Cells of the body to the environment, foods, inhalants, and sometimes even temperatures. When the Mast Cells degranulate (dump their contents ... including histamines), they can cause swelling, redness, and inflammation. When this happens in a region, like when we are stung by a bee, it helps slow down blood flow and give the body a chance to respond to the aggravating bee toxin. With MCAD/MCAS, however, the body's global Mast Cell systems have a global dumping event, flooding the body with Histamines. And the results can be devastating, causing anaphylaxis, difficulty breathing, swelling, pain, movement of fluids leading to dehydration or insufficiency of minerals, etc.

Curiously, high doses of antihistamines are often prescribed to see if it helps children with Autism, people who have a strong negative reaction to a drug like Chemotherapy, and people with chronic inflammation.

When the body is chronically swollen and reactive, remember to consider Mast Cells as an explanation for inflammation and swelling ... and explore the dietary and other lifestyle changes that can support a healthy and typically reactive Mast Cell system.



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3. Telomeres

Telomeres are the dense bundles of genetic material that act like protective “end caps” to our DNA. The longer the telomeres, the longer the anticipated lifespan of the individual.

Many strategies are documented to help improve the length and integrity of the telomeres, thereby protecting the DNA from genetic damage that can lead to disease including neurodegenerative disorders. Avoiding stress, and reducing excess cortisol in the body, is one key to promoting Telomere health.

Other strategies including nutritional substances that have been documented to promote the body’s supply of Telomerase, which is the Enzyme that promotes Telomere integrity. Two substances that are research based including Astragalus 65 and Cats Claw. Meditation, Self-Awareness, and Kindness are other strategies that can positively impact Telomere integrity.

If you wish to engage in a program to support Telomere length and integrity, you have the option to do Telomere testing ... to see how your program is working. A pre-test, some during-intervention results, and a post-test can let you know if the strategies worked ... and if your telomeres actually increased in length and integrity. Here is a link to one Telomere lab test: <https://www.teloyears.com/home/>

4. Enzymes are the Body’s Energy Medicine!!!

I am an energetic supporter of energy medicine in a wide variety of forms. From Chi Gong practice to Chiropractic, and Yoga to Electro-Acupuncture, I include all these modalities into holistic wellness. One critical life hack is the ENZYME! Enzymes are proteins, produced according to the programming in our genes, that LOWER THE ENERGY OF ACTIVATION of our body’s biochemical processes.

What this means in plain terms is that Enzymes make the body’s chemistry factory work with less effort. In the absence of Enzymes, the body’s biochemistry would come to a grinding halt.

Catalase is the Enzyme that promotes the action of Glutathione and Selenium to perform powerful anti-oxidant protection. Some research and folk lore point to Catalase deficiency as the reason why hair turns gray or white, as oxidative stress interferes with the pigmentation processes of hair production.

Glutathione is a powerful part of this process, but is not easily absorbed by the gut. Pharmacist Suzy Cohen <https://www.youtube.com/user/dearpharmacist> suggests that Glutathione-S or Reduced Glutathione may be absorbed. Bill pointed out that N-Acetyl Cysteine is a precursor. HOWEVER, I have absolutely no proof that any of these forms of supplementation make a hill of beans of difference in glutathione levels within the body. And I have checked over the years. Basically, Glutathione is not well absorbed through the gut. I’ve tested it time and again.

Two great ways to get Glutathione are injection (IM) and intravenous (IV) administration. If your medical practitioner is reluctant to prescribe, Vida Flo in Atlanta administers Glutathione by IV along with other nutrients. <http://www.vida-flo.com/>



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5. Acid Stomach Myths and Truths

Reaction to histamines (remember the Mast Cell section?) is strongly implicated in acid stomach, acid reflux, and GIRD (Gastrointestinal Reflux Disorder). Doctors and pharmacists routinely prescribe drugs that stop the stomach from producing acid, but these drugs can cause serious side effects that include death.

A different approach is to investigate the body's own way of controlling acid production.

Histamines are produced by bacteria on foods, especially proteins. Plus, the body produces its own source of histamines. When histamines touch the epithelial cells inside the stomach, it causes the proton pumps to put out HCl, or hydrochloric acid. This makes sense, as the presence of food – especially proteins – requires the HCl to break down and digest the food for absorption and energy.

Sometimes, however, the acid production gets a bit out of hand and can result in an acid stomach and worse. How does the body stop the action of histamines to instigate acid production? An Enzyme!!!

Diamine Oxidase is the Enzyme that breaks down Histamines in the gut. In fact, after protein enters the digestive tract, initially setting off production of HCl (hydrochloric acid) ... the gut produces Diamine Oxidase farther down the digestive tract to break down the histamines that remain.

So, imagine using this system to hack your own body!!! I take Diamine Oxidase as a nutritional supplement whenever my stomach is acid. It breaks down the histamines in my stomach that are causing the acid to be produced. And so far, I have no knowledge of any harmful side effects ... because the Diamine Oxidase is completely natural.

Daosin is the original Diamine Oxidase (DAO) supplement, but has been in short supply as the world has discovered the power of this Enzyme. Daosin, my favorite, is sometimes available in Europe.

When you look for other brands, be aware that the DAO comes in a strange unit, called the "Human" unit. Purchase based on this unit, not on the fancy other substances that are packed into the pill. Herbs and other nutrients are not necessary for the DAO to work, so I look for the best value for potency of DAO or Diamine Oxidase enzyme when purchasing other brands.

The incredible up-side of using DAO is that it may avoid the harmful side effects of the acid reducers including H2 blockers and proton-pump inhibitors that are known to damage organs, with some even leading to heart disease and death.



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6. Ketogenic Adaptation Produces Myriad Benefits to the Human Body

Some diets and fads are here and gone before you now it. The low-fat-eating joggers of the last century often died before their fat-eating sedentary companions, much to everyone's surprise. Ketogenic Eating, which involves severe limitation on carbohydrates with ample low-carb veggies, healthy fats, and modest protein intake is not a fad. Ketogenic Adaptation, when the body learns to prefer burning fats and ketones for fuel – over burning carbohydrates/sugars – produces incredible benefits. I love talking about this subject. Let me know if you want to know more. I have recipes and loads of great information!

In the meantime, you can supplement with BHB, or Beta Hydroxybutyrate, which is the substance that the body produces in response to Ketogenic Adaptation. Taking BHB as a supplement can produce some real benefits, but in my opinion it does not come close to the benefits of Ketogenic Adaptation.

While I do not recommend BHB as a supplement, I have purchased it when a client was unable to handle Ketogenic eating for a particular reason. Here is a link for the BHB that I have purchased, but this is not an endorsement in any way as I have not personally used this product:

https://smile.amazon.com/dp/B076214DF2/ref=sspa_dk_detail_0?pd_rd_i=B076214DF2&pd_rd_wg=7MNI3&pd_rd_r=ZKAQMKJ51NX42081Z8DQ&pd_rd_w=ULYvs&th=1

If you have hypoglycemia or are on insulin or other medications for diabetes, be careful if you go Ketogenic. My friends who are diabetics experience low blood sugar when they eat at my house because of our Keto lifestyle. Long term, Ketogenetic Adaptation can resolve many cases of diabetes (as long as the pancreas is able to produce insulin) ... but someone shooting up insulin with a meal may be surprised at how little ketogenic eating raises blood sugars after a meal. And if a diabetic still experiences a rise in blood sugar during early Ketogenic eating, there are some natural hacks to resolve that rather quickly.

Please do not waste your money on the keto sticks so often recommended by ketogenic related suppliers. They do not provide information that is meaningful whatsoever for someone working toward Ketogenic Adaptation. I recommend that you set up a short consult to learn how to really check on your keto success by measuring BHB levels in your blood.



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7. Real Results Rule

During our lively conversation, several interesting topics came up ... and I wanted to share a bit more ... No matter what we THINK we know ... real research and observation of the human body's reaction to certain substances and conditions tells us what we really NEED TO KNOW

My mother's age was brought into question, and the suggestion that genetics is responsible for aging ... I wanted to share that my mother is in the end stages of cancer, after decades of immune challenges. My grandmother died of cancer. My mother, uncle, and other family members have suffered from Epigenetic disorders that included anaphylaxis and Mast Cell Activation Disorders. Regrettably, I did not know enough when my mother was first diagnosed to make a difference. Once I learned about the nature of our health challenges ... and how to turn back the clock on some of the damage due to aging and exposures to toxins ... it was too late for my mom. I am deeply grateful that we have this information to allow me to continue to thrive and do the work I love to do ... and more importantly, to help our children and grandchildren who are also affected.

Glutathione and precursors in various forms are not well absorbed. In fact, many nutrients are not necessary absorbed or utilized by the body. I love SpectraCell laboratory tests that check nutrient levels by bathing samples of blood in all nutrients except one, to reveal which nutrients are deficient.

<https://www.spectracell.com/>

Discussion of the electronegativity of Fluoride was discussed. Real results rule ... and no matter how electronegative this contaminant is ... the research is very clear. If an individual suffers from Hashimoto's Hypothyroidism, taking Iodine supplements (as one way to try to replace the stuck Fluoride) has an over 80% likelihood of triggering or intensifying the Hashimoto's autoimmune disorder. This is a case in which basic knowledge of science and nutrition does NOT trump the reality of what happens in the human body.