

Casual Friday Series

# The FM Detective: Pain Roots

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# Disclaimer

- *Information in this presentation is not intended to diagnose, treat, reverse, cure, or prevent any disease. While this presentation is based on medical literature, findings, and text, The following statements have not been evaluated by the FDA.*
- *The information provided in this presentation is for your consideration only as a practicing health care provider. Ultimately you are responsible for exercising professional judgment in the care of your own patients.*





(Lifestyle + Genetics) x Time = Chronic Health Condition

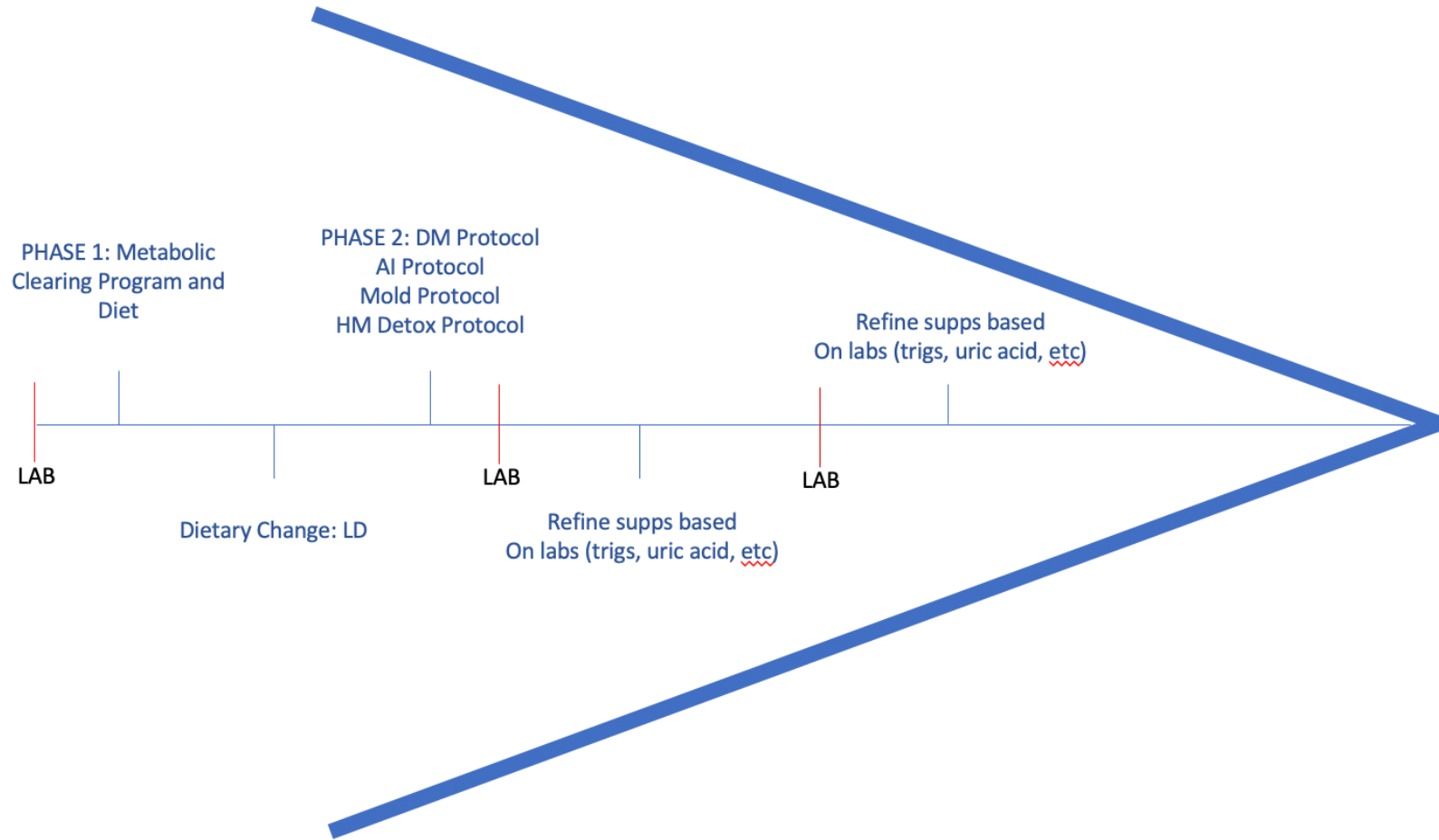




**(Lifestyle + Genetics) x Time = Chronic Health IMPROVEMENT**



# Supplement and Diet Protocols



Retest a lab at least every 60 days.

85% of patients will improve with basic structures and healthy eating.

% of problem analysis: this is what the cleanse is for.

General  Fine Tune

## PATTERNS

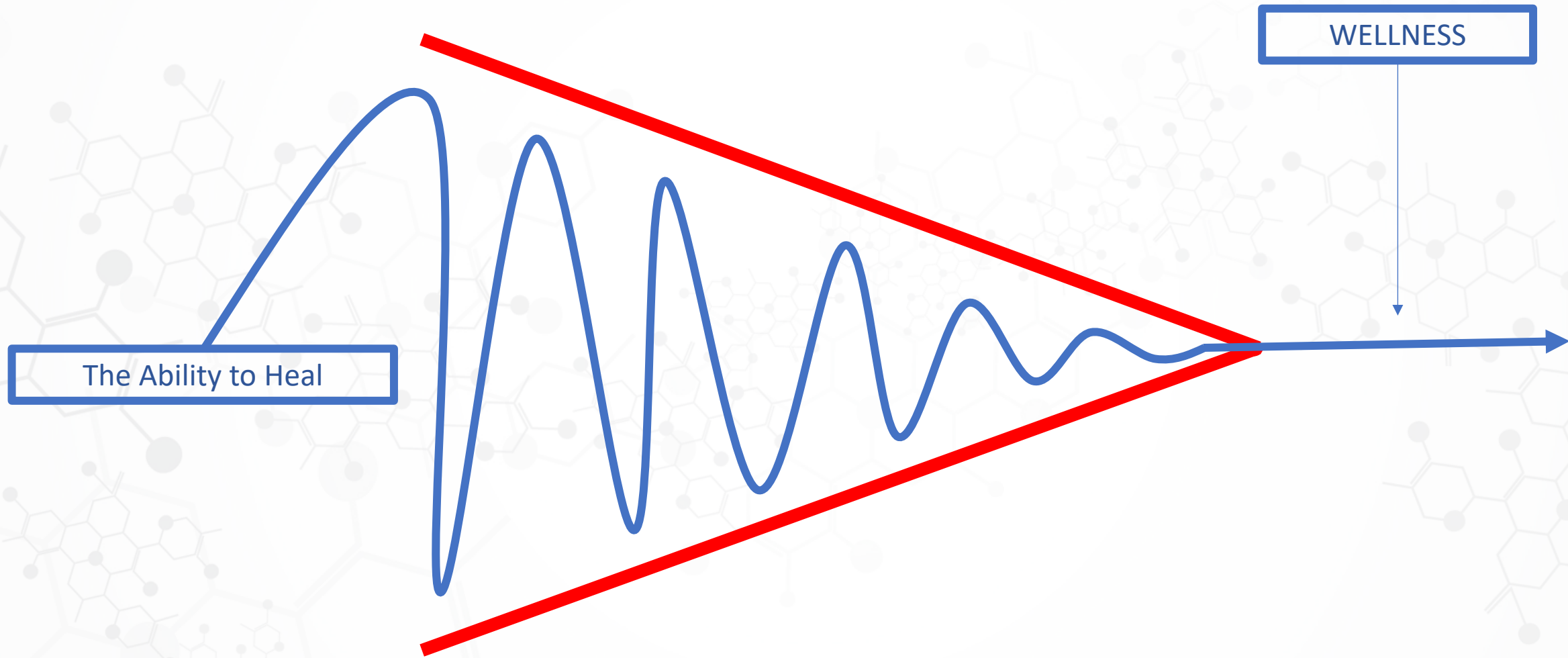
Anemias  
Blood Sugar Dysregulation  
Infections/Stressors  
Biotoxin  
Net Detoxification  
Thyroid Disorders  
Acid/Base  
Hormone Sequestering  
Genetic SNPs  
Inflammatory Regulation  
Auto Immune Responses  
Trophic Needs  
Sympathetic/Para  
Hormone Dysregulation  
Toxicity  
Organ Dysfunction

## PROTOCOL

Blood Sugar Dysregulation  
Net Detoxification  
Hormone Sequestering  
Inflammatory Regulation  
Trophic Needs  
Sympathetic/Para  
Hormone Dysregulation



# Building Protocols



## General

### Evexia Diagnostics:

Basic Blood Chemistry  
“Biogenetix General Screen”

Urinalysis, Reflex to culture

## Specialty

Saliva – Adrenal and Hormones

### Precision Analytical:

DUTCH – Dried Urine

### Genova:

Stool – Microbial and Parasitic

### SHInstitute:

DNA – Strategene

### Great Plains Laboratory:

Organic Acids Testing

MycoTOX

GPL TOX





# StrateGene

## Genetic Pathway Analysis

Although this report may provide useful diagnostic information, by providing this report, Seeking Health Educational Institute, Inc. (SHEI) does not make or suggest any specific diagnosis or therapeutic course of treatment or action. Any such diagnosis and/or treatment/ therapeutic plan is strictly a matter between the patient and his or her health care professional.

In order to receive advice with regard to how to use the information in this document, please see the [Directory](#), which is a directory of healthcare practitioners who have taken Dr. Ben Lynch's courses. There is also a [Facebook group](#), which purchasers of StrateGene are welcome to join.

**Prepared For: Mae West**

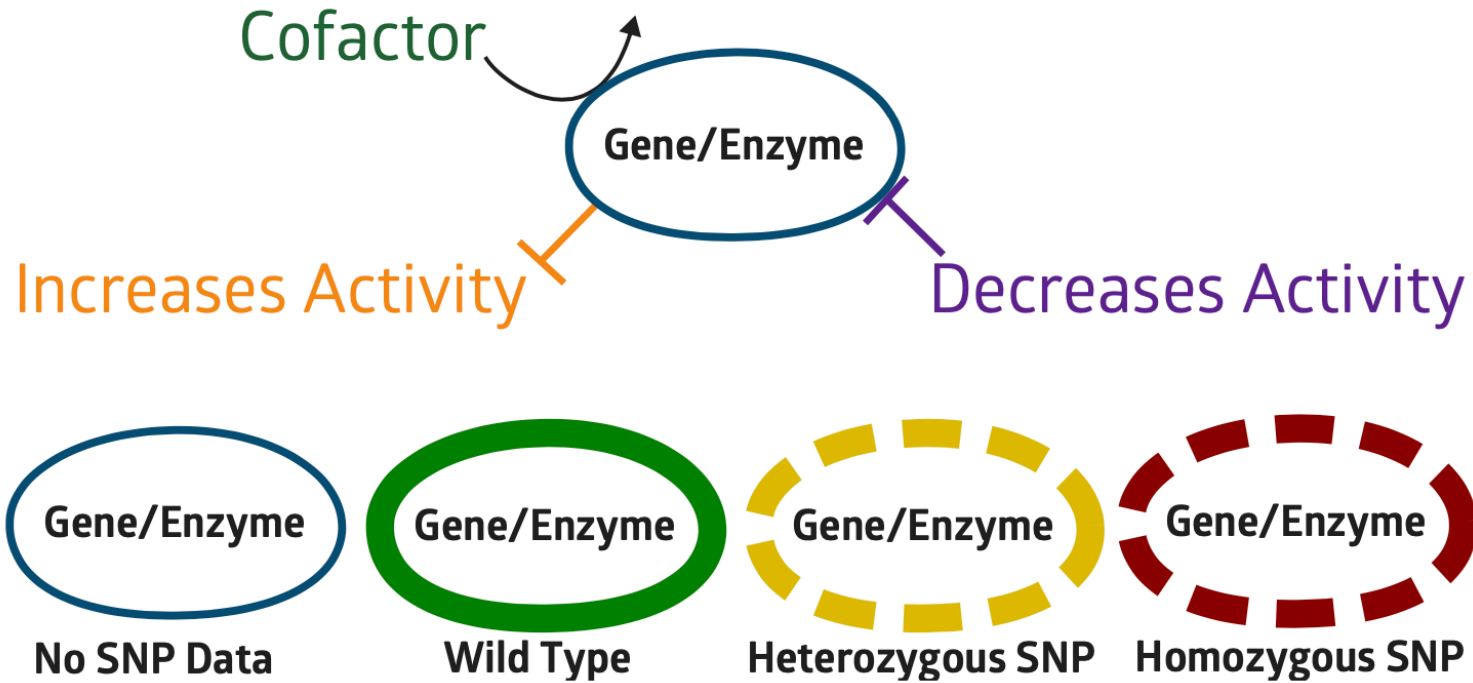


**Today's Case:**

**43 Year Old Female. DX: metabolic syndrome, fibromyalgia, chronic fatigue, insomnia, weight loss res.**



## Symbols and Colors



<a href="#">rs7412</a>	CC	C	<b>APOE</b>	Arg176Cys	<b>+/+</b>
<a href="#">rs429358</a>	CT	C	<b>APOE</b>		<b>+/-</b>

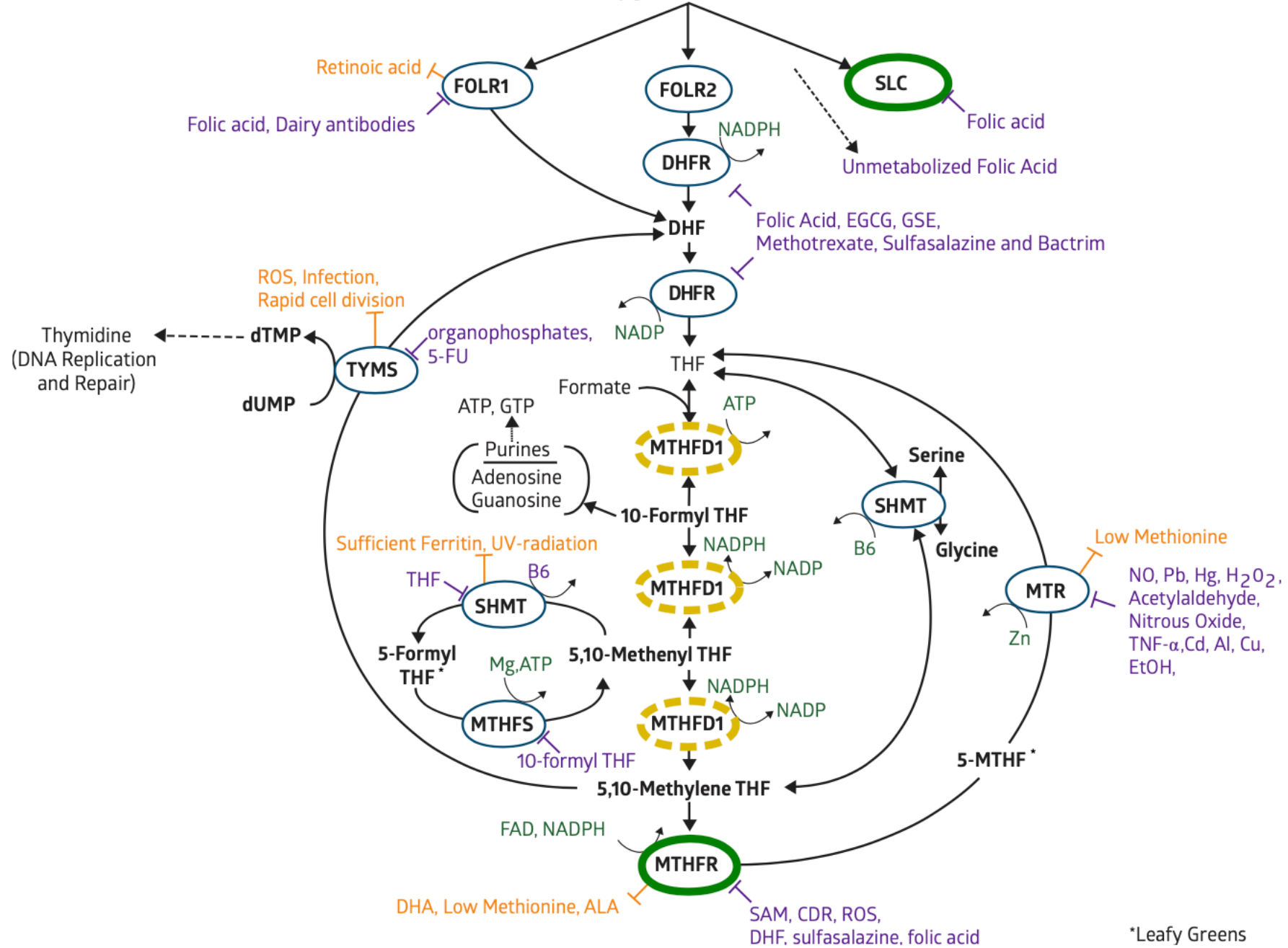
-/- = not present; +/- = heterozygous genotype; +/+ = homozygous genotype; +/+\* = hemizygous genotype (male X chromosome).

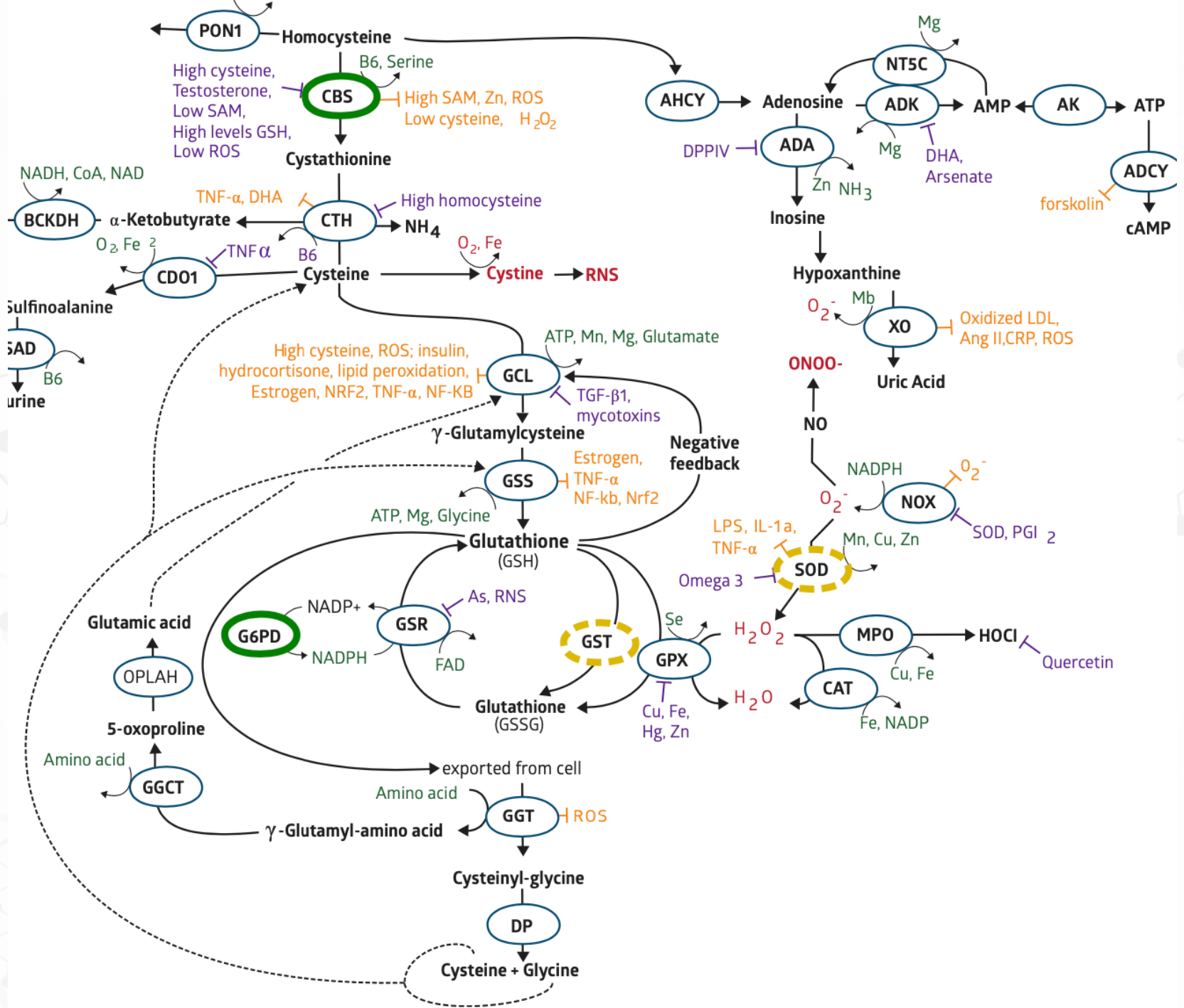
**APOE genotype: APOE 3/4**

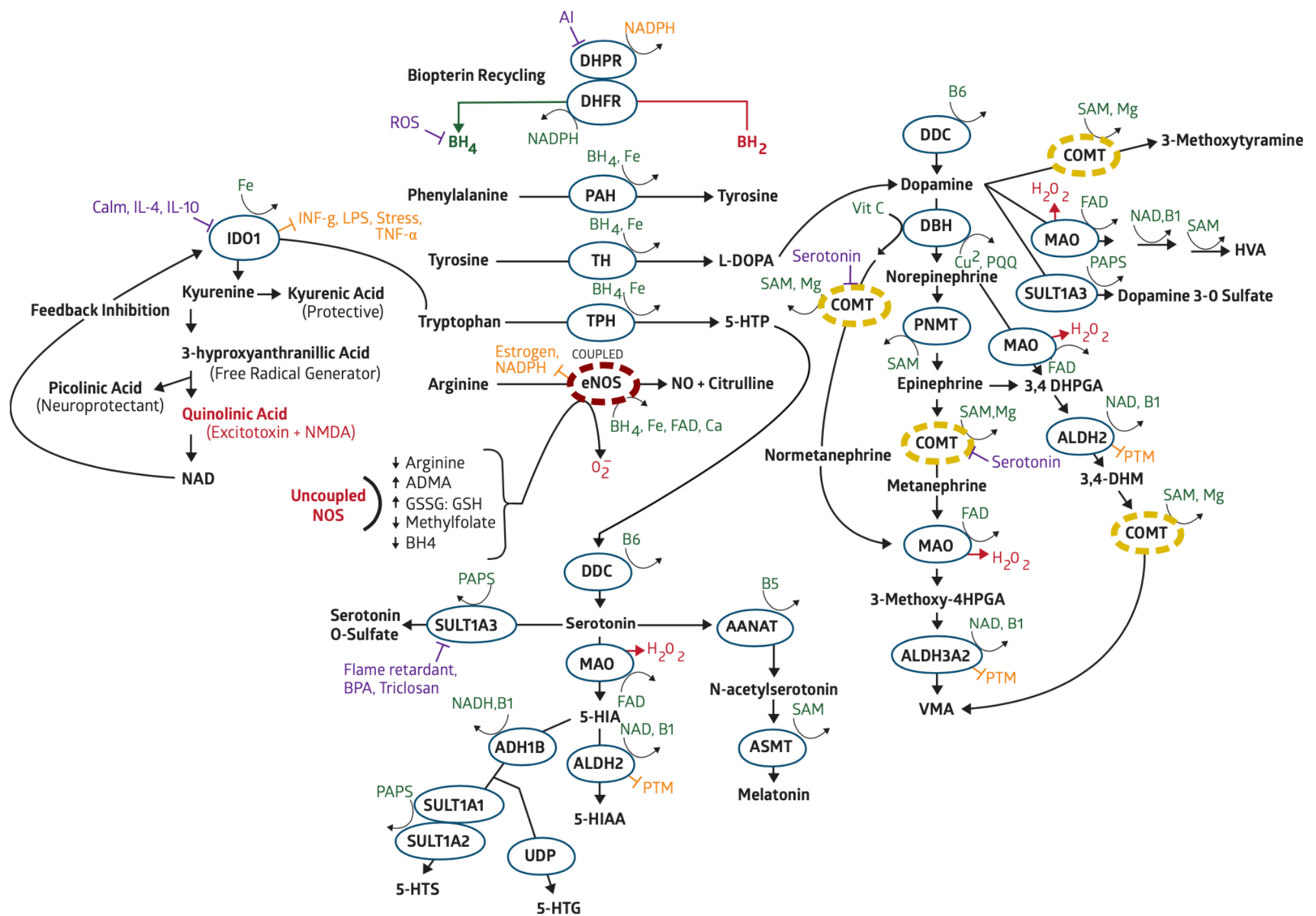


# Reduced Folates and Folic Acid

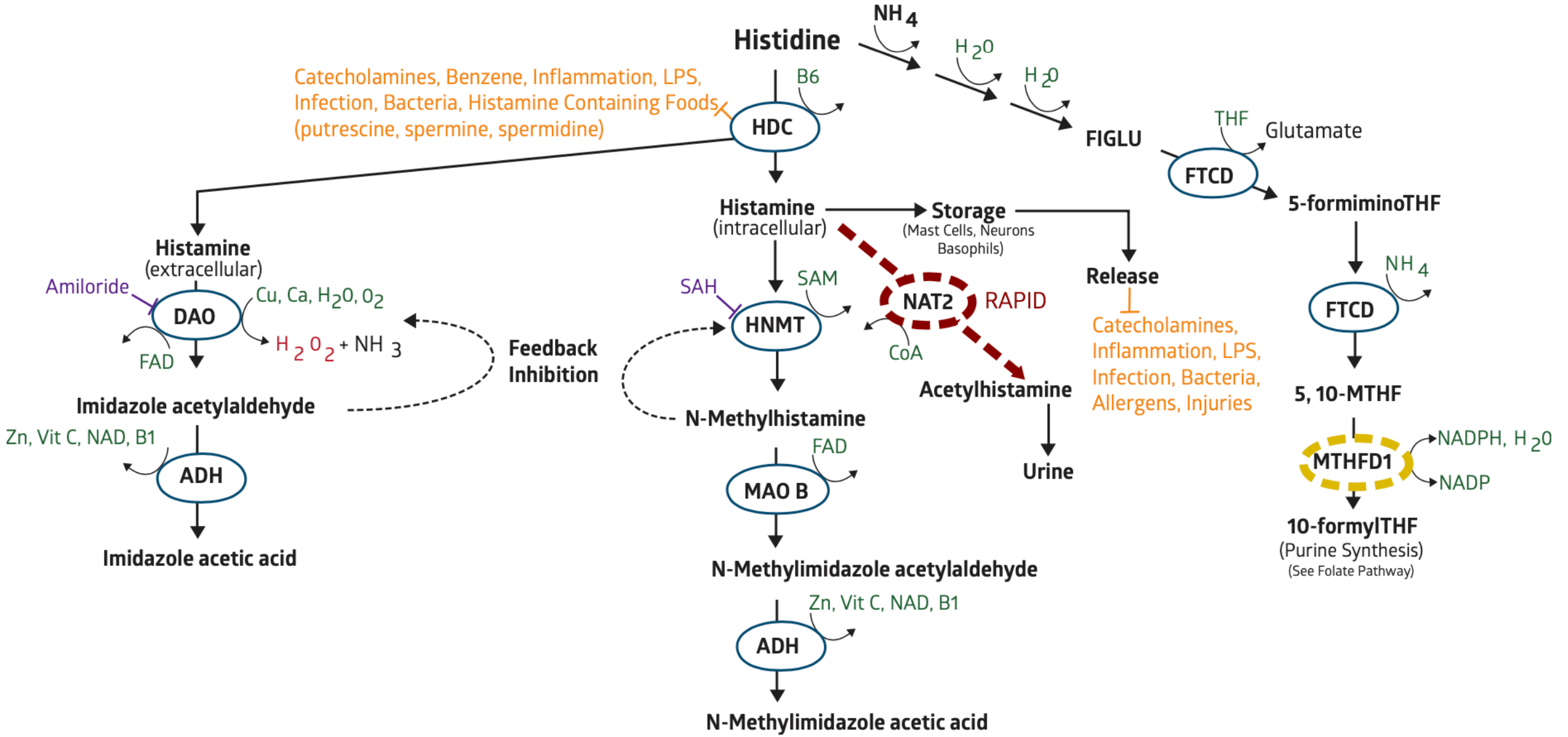
(uncooked leafy greens)







Catecholamines, Benzene, Inflammation, LPS, Infection, Bacteria, Histamine Containing Foods (putrescine, spermine, spermidine)



**FADS1 (MYRF) rs174537 (+/-, GT) ↑**

GG and GT individuals have higher than average arachidonic acid (AA), LDL and total cholesterol levels due to upregulated elongation of omega 6 PUFAs to pro-inflammatory compounds. Consider limiting dietary sources of omega-6 PUFAs, esp. AA.

**FADS1 rs174548 (+/-, CG) ↓**

GG individuals may have lower than average phosphatidylcholine (PC) levels due to altered PC metabolism. CG is associated with average PC levels.

**TNF-alpha rs1800629 (+/-, AG) ↑**

The A allele is associated with an upregulation in TNF alpha production which has been shown in large meta-analysis studies to elevate risk for many auto-immune and inflammation based diseases. Consider more vigilant management of inflammation through healthy sleep patterns, anti-inflammatory diet, moderate exercise, adequate levels of magnesium, zinc, Vitamin D, chromium, and avoidance of smoking, alcohol, lead, gluten and elevated blood glucose and insulin.





## PATTERNS

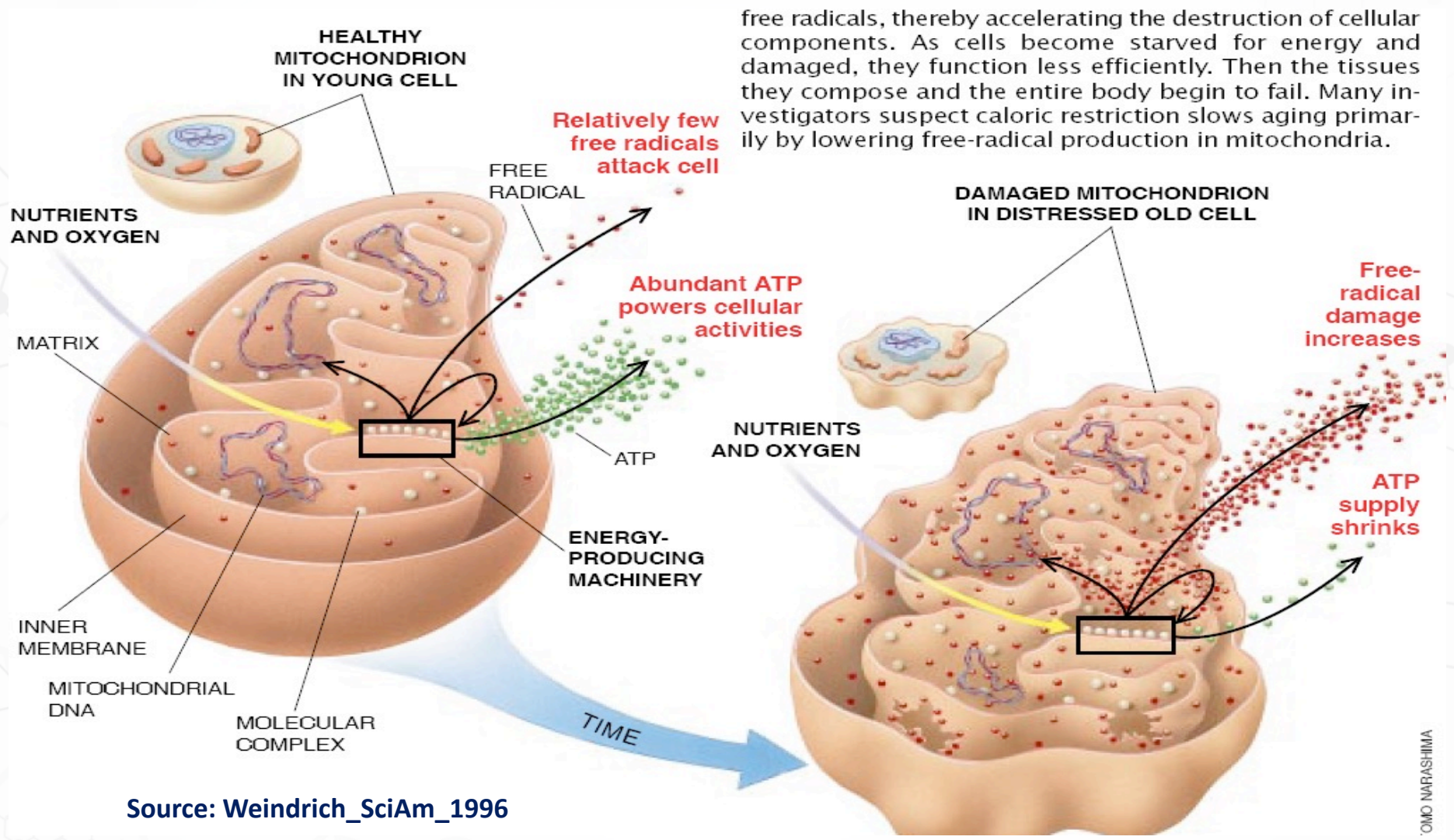
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## PROTOCOL

Blood Sugar Dysregulation  
  
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Toxicity







free radicals, thereby accelerating the destruction of cellular components. As cells become starved for energy and damaged, they function less efficiently. Then the tissues they compose and the entire body begin to fail. Many investigators suspect caloric restriction slows aging primarily by lowering free-radical production in mitochondria.

Source: Weindrich\_SciAm\_1996

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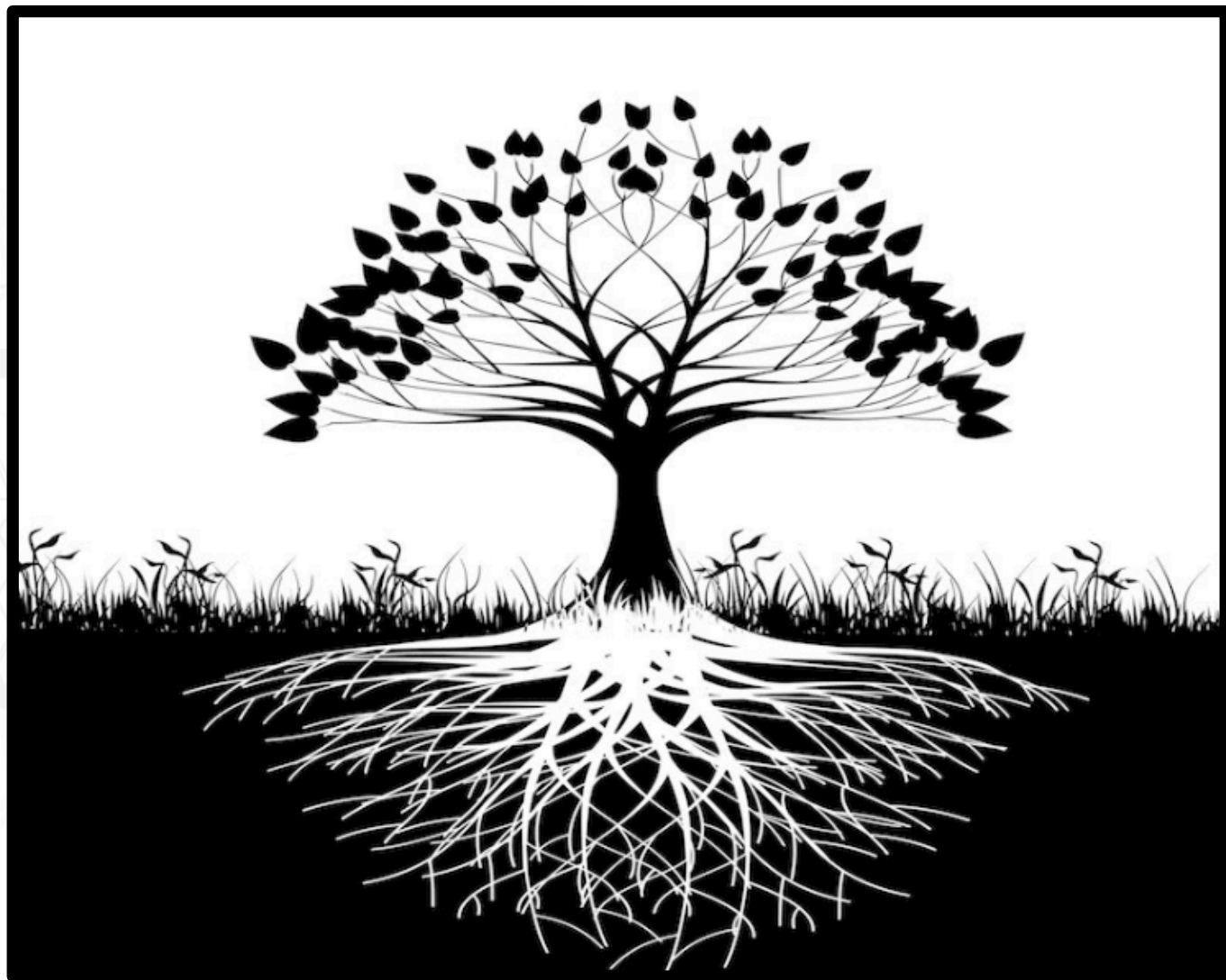


# Phase 1: 21-Day MCP



# Phase 2: Pain Support Kit +





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