

# AUTOIMMUNITY: A REVERSIBLE PROCESS

How The Central Dogma Overlooked Innate Intelligence & The Holistic Model



Autoimmune Diseases, Central Dogma, Diet (Pro-Vita!), DNA, Enterocytes,  
Epigenetics, Genetics, Genome, Health, Herbology, Inflammation,  
Innate Intelligence, Methylation, Morris (Dr. Shayne), Newton (Sir Isaac),  
Newtonian Physics, Pottenger (Frances), Price (Dr. Weston),  
Quantum Physics, RNA, Transcription, Wheelwright (Doc)

By Dr. Jack Tips (Ph.D., C.C.N.)



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# Autoimmune Activity

## A Reversible Process

A Natural Health Perspective

By WellnessWiz Jack Tips [Ph.D., C.C.N.]

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## Autoimmune Activity– A Reversible Process! How the Central Dogma Overlooked Innate Intelligence & The Holistic Model



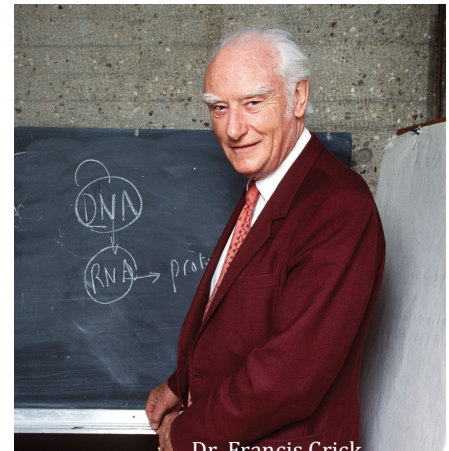
By WellnessWiz Jack Tips, [Ph.D. C.C.N.]

**Can autoimmune diseases be reversed?** The Central Dogma of Medicine & Molecular Biology says, “No!” The body itself says, “Yes! Of course!” Who will you trust? Who will you believe?

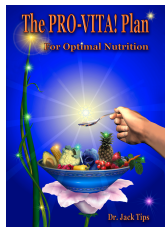
**The Central Dogma.** In 1958, Dr. Francis Crick, a molecular biologist renowned for helping develop the double helix model of DNA, established the “Central Dogma” as a catchphrase for newly affirmed rules of biology. The Central Dogma governs the behavior of DNA, RNA, and Protein Synthesis, and the permutations of how information physically moves among them.

**Why is this important?** Because ultimately, it governs how our cells express health or disease. It’s the functioning of Life at the cellular level. Simply put, RNA copies DNA and uses that copy to tell the cells what to do to perform their life-supportive activities.

Thus Dr. Crick established when RNA transcribes DNA and delivers the message for protein synthesis to the cells’ organelles for expression, that specific message implemented is *exact and irreversible*. Genetic transcription is a one-way street. DNA can be copied to DNA which is called “*DNA replication*.” DNA can be copied to messenger RNA (mRNA) which is called “*transcription*,” and proteins that facilitate cellular function can be organized according to the mRNA template which is called “*translation*.”

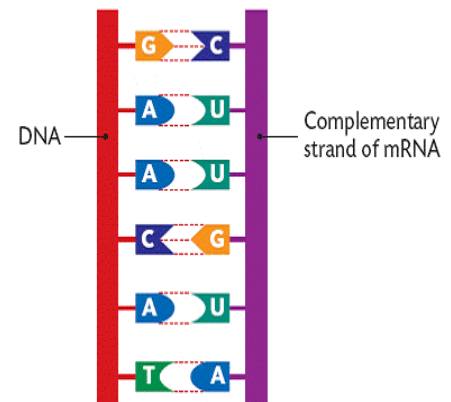


**Quick Review – How Cells Work.** In human beings, nuclear DNA never leaves the nucleus of the living cell. It must be copied in a process called “*transcription*” which is performed by an enzyme called “RNA polymerase.” The purpose of transcription is to build—like building a house—the exact proteins that operate cellular functions whose sequences are stored in the cell’s DNA.



The fact that amino acid (peptides) operate the human body means that proteins (protein means *of the first quality*) are the most important of the three basic nutrients (fat, protein, carbohydrate) – they serve our lives at the inner cellular level, followed by fats that serve the cell membranes, and then carbohydrates that serve energy, healing, and cellular communications. This is why Doc

Wheelwright’s dietary research presented in the book, *The Pro-Vita! Plan for Optimal Nutrition*<sup>1</sup> focuses on how to get optimal cellular protein nutrition for optimal health expression.



The RNA polymerase binds to a DNA strand at a specific sequence of the gene called a “*promoter*.” It unwinds and unlinks the two DNA strands and uses one of the strands as a template. It then matches new nucleotides (structural units—like bricks—of DNA with RNA) with their complements on the DNA strand (G with C, A with U.) Note: remember from school that RNA has a U (Uracil) instead of a T (Thymine).

<sup>1</sup> The Pro-Vita! Plan is available at [www.appleadaypress.com](http://www.appleadaypress.com)

Then the new RNA nucleotides bind together to form a complimentary copy of the DNA. This is called mRNA. This duplication process stops when it encounters a termination sequence called a “*stop codon*.” The single strand mRNA may have extra sequences that don’t code for protein synthesis called “*introns*.” Thus the mRNA is further processed to cut introns out, add a nucleotide “cap” to one end of the strand, and add 1-200 adenine (A) nucleotides to the “tail” end.

The mRNA transcribed from DNA is the first step of “gene expression.” Now the duplicated gene information is carried out of the nucleus through nuclear pores by tRNA (the messenger service) to the cellular organelles called ribosomes in the endoplasmic reticulum. Here the mRNA blueprint is implemented into the proteins that operate the myriad cellular functions. [*Hold on, we’ll lighten up soon!*]

**Nine Possible Pathways Genes Turn Into Cellular Metabolic Processes.** This Central Dogma process is established to be irreversible—it’s faithful to impeccable accuracy, deterministic, and dependent upon the original DNA sequence. Thus there are nine permutations of this foundational cellular life process. The General Transfers occur most of the time in most cells. The Special Transfers occur only in special circumstances such as viral replications and “retro transcriptions” as with the AIDS virus. The Unknown Transfers are hypothetical and were not known to occur at that time.

General Transfers	Special Transfers	Unknown Transfers
DNA → DNA	RNA → DNA	Protein → DNA
DNA → RNA	RNA → RNA	Protein → RNA
RNA → Protein	DNA → Protein	Protein → Protein

The Unknown category accommodated what science would discover over the next 50 years: *enzyme interference* in the transfer, *methylation* silencing of chromosomes, *inteins* where a protein sequence detaches and reforms altering the sequence, and *prions* that change the behavior of proteins but don’t change the structure, so prions still fall within the Protein → Protein dogma.

This understanding established the excathedric absolute sanctity of the human genome, “What the DNA says, the body must express. No exceptions!” (Except when there’s some “slippage” which really fouls things up regarding health.)

**Genome Project.** In 2003 after 13 years of intensive computer work in the USA, UK, France, Germany, Japan and China, scientists mapped out, as much as possible, the entire human genome. [“Entire” mean 99%. There are still small gaps that are unrecoverable in any current sequencing method.]

Expectations were high because with successful mapping, researchers hoped to find methods to destroy disease chromosomes. They especially hoped that drugs could be developed that impact the genome for suppression of diseases. For example, researchers found the chromosome that causes plaque in the arteries. Limited thinking of today’s “under-standing” surmised that if there were a way to shut down that chromosome, then a person could continue to eat the Standard American Diet (SAD) of processed food and chemicals and not have to pay the price of arterial disease. There is a way to shut down that disease gene, but Nature is set up for that communication to occur from plants and herbs, not drugs.

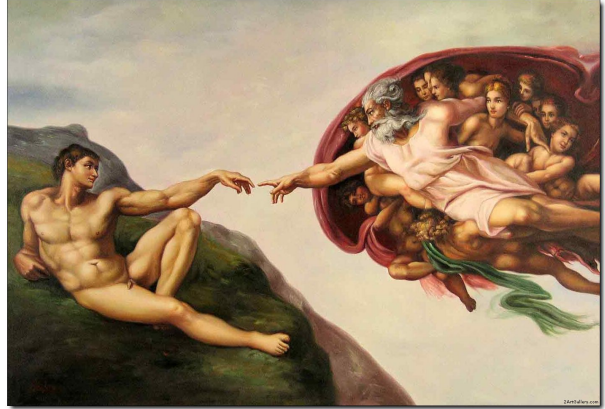
### The Human Genome

A genome is an organism's complete set of deoxyribonucleic acid (DNA), a chemical compound that contains the genetic instructions needed to develop and direct the activities of every organism. DNA molecules are made of two twisting, paired strands. Each strand is made of four chemical units, called nucleotide bases. The bases are adenine (A), thymine (T), guanine (G) and cytosine (C). Bases on opposite strands pair specifically; an A always pairs with a T, and a C always with a G. The human genome contains approximately 3 billion of these base pairs, which reside in the 23 pairs of chromosomes within the nucleus of all our cells. Each chromosome contains hundreds to thousands of genes, which carry the instructions for making proteins. Each of the estimated 30,000 genes in the human genome makes an average of three proteins.



**Epigenetics.** Long, long ago is when our genetic code and the “epigenetic<sup>2</sup>” implementation of that code formed the foundation of health. The human genome contains massive information—so much that it took the world’s most powerful computers to map it out. Yet, that scientific milestone was met with disappointment because: 1) the code was more basic and simple than expected (human DNA is virtually identical to that of a fruit fly, mouse, and other species), 2) it simply discovered that all our health and all our diseases are built into that code, and 3) the level of health we have or don’t have occurs according to what information we express from that code. So the key to life, to having health, is in how our bodies choose to express different facets of our genetic code and leave other facets unexpressed.

Thus the ultimate disappointment in mapping the human genome for skeptical scientists was that it pointed to the existence of the body’s *innate intelligence*—the ability of our cell membranes to think and make decisions—as opposed to the body being solely a mechanical machine governed by a mechanical brain (e.g. the dogma upon which the practice of allopathic medicine is founded.)



Now, “disappointments” must give way and embrace the powerful, uplifting message of epigenetic ability to express health instead of disease. The light of truth keeps leaking through despite Science’s disregard of natural law. The revelation is that, genetically speaking, foods and herbs are premier healing agents, and the holistic model of human health is made manifest. Let’s look at those disappointments briefly, because out of their tenets, we can gain both knowledge and wisdom.

Seems that the discovery of Epigenetics has forced Science and Medicine to give back the body’s ability to heal itself, despite the medical liturgy of “no known cause, no known cure.”



**Genome Disappointment #1: Our Sacred Human DNA, while profound, is basically simple and similar to many other species’ DNA.** The human genome is simpler than expected. It’s not the massive, arcane, complex tome that an ego-driven, complex species expected. It did not reveal why humans are the dominant “chosen” species. It did not reveal the answer to eliminating all diseases. It did reveal that the cause of disease must be found outside the DNA in the epigenetic expression of DNA.

For an analogy, let’s hold up the world’s great religious scriptures. Many religions claim that their holy book has the sum total of all the information that’s needed to live rightly, find salvation, and fulfill one’s mission in life. So, according to religions, all the information that God imparts to humankind is contained in a few hundred ancient pages. This is similar to DNA being the “Book of Life” containing all the information about life and survival in one concentrated package. The information is all there—condensed, rich, meaningful, and simple.

Then, it’s up to the individual and clergies to: 1) read the scripture, 2) interpret what it means, and 3) implement its lessons. From all the varied interpretations of the same scriptural writings, the various sects, cults, devotionals, dogmas, and conflicts emerge as different understandings revolve and evolve according to needs of the times. Today’s religious practices are not what they were 1000 years ago.

<sup>2</sup> **Epigenetics** – heritable and acquired changes in gene expression that occur by mechanisms other than changes in the DNA sequence. This means that our bodies are malleable and can adapt and change much, much faster than waiting for genetic mutations to occur.

So our analogy here is that our DNA is the body's "good book of all life knowledge," but that book must be read, understood, and implemented. Like the religious interpretation of holy scriptures that adapt to the times,, human epigenetics responds and evolves according to dietary, environmental, and cultural factors.

**Genome Disappointment #2. Inability to control genome expression of DNA.** Now one might wonder, why would our DNA contain the genes for disease? Is this some kind of mistake? Science thinks that if we could just excise those genes, or kill them with drugs, there would be no more disease, right?

Not right! The human genetic code contains disease expressions because they are the perfect response to the input received. The body's primary directive is "*adapt and survive.*" So according to that prime directive, the body can elicit and allow diseases because they are the best that the body can do under the circumstances. A woman or man with multiple sclerosis can reproduce and ensure the survival of the species—thus fulfill the prime directive. Their offspring will not have the disease, despite the common myth that if your parents had cancer then you will eventually get cancer. Basically, blaming our genes for our diseases is simply "killing the messenger." Yet this is the interpretation of Central Dogma that medicine has been preaching to the public for over 50 years.

#### How Diseases Express In Human Health

##### 1. Damaged DNA

- a. Radiations: Ionizing (nuclear, x-ray), and non-ionizing (cell phones, wifi, appliances)
- b. Free Radicals (damaged Mitochondrial ATP processes, heavy metals, environmental toxins)
- c. GM altered foods, nano-molecules

2. **Epigenetic Response** to holistic environment (negative thoughts/beliefs, environmental toxins, lack of nutrients in diet, altered food nutrients, pathogens.

So the question being begged is, "What must we do so that our bodies never settle for, or elicit disease-causing gene expressions?" This is the lesson of Pandora's Box. Today, diseases and pestilences are inflicted upon humanity by human ignorance of Natural Law. Call it scientific hubris if you like. The "genome disappointments" are simply Nature telling Science that it must not forget the Laws Of Nature in the quest to understand health, and a plea to first become grounded in the Natural Laws of Life and Health, before applying knowledge toward the monied interests of Big Pharma.



Further, what Science overlooked was that herbs such as *curcumin* and *boswellia* facilitate enzymes at the epigenetic level that promote healthy methylation of DNA in that they can directly turn off cancer cells<sup>3</sup>. Thus, again, it's herbs that are Nature's "medicines" that can arrest disease processes. It's herbs that impart the directives to place "gene silencing" methyl molecules on the genes that allow disease.

**Natural VS Synthetic Orders.** Humanity is engaged in self-destruction when it seeks

**GM is Synthetic.** Genetic modification (GM) of food DNA also unleashes pestilence by altering how foods interact with intestinal bacteria. RoundUp<sup>®</sup>Ready plants cause our intestinal probiotic bacteria to manufacture pesticides in our intestines. Pesticides are closely linked with flipping genetic switches to express diseases such as fibromyalgia, chronic fatigue syndrome, and multiple chemical sensitivities. They also create chronic-degenerative and autoimmune diseases by damaging our cell membranes and causing chronic cellular inflammation. So humanity, in a flyspeck of time, has gone from what the genome has expressed over millennia to having to deal with a full out assault on our genetic integrity and epigenetic expressions by food processing, factory farms, pesticides, herbicides, fungicides, injudicious use of antibiotics, GM foods, hormone growth factors in meat products, chemicals, air pollution, the poison needle (vaccinations contain aluminum, mercury, latex, etc.), water pollution, mercury (silver amalgam) dental fillings, ionizing and non-ionizing radiation, NutraSweet<sup>®</sup>, Splenda<sup>®</sup>, mono-sodium glutamate, cosmetics, household cleansers, and building materials, *ad nauseam*.

<sup>3</sup> Link, Balaguer, Goel, Biochemical Pharmacology, Vol 80, Issue 12, Pages 1771-1792. Cancer chemoprevention by dietary polyphenols: Promising role for epigenetics.

dictatorial suppression of disease symptoms with toxic drugs (medications that require a Drug Enforcement Administration license) that inevitably cause further disturbances to the body's Innate Intelligence's ability to regulate its life processes, and it obstructs the body's innate directive to heal itself. Our human genome expressions are based on natural substances (herbs, foods, minerals, vitamins, nutriment, venoms, etc.) from the natural order rather than synthetic order. Just think back to our hunter/gatherer roots. The human body built its genetic library on the natural order. The industrial revolution is the tipping point that brought forth the man-made, processed synthetic order with its associated benefits and detriments hand-in-hand.



**Genome Disappointment #3: Health Is Not All About Genetics.** For decades, the Central Dogma in medicine has been that your DNA is transcribed into the proteins that govern your life and that once that process gets started, it is irreversible. This errant view is predicated on the simplistic concept that once your genes are damaged or decide to express a disease, then the transcription of that information dooms you to that disease forever

and you are a victim who holds the short end of the stick. Big Pharma steps in to sell you a drug for hundreds of dollars a day, that suppresses the overt symptoms and is guaranteed to never cure you, but is guaranteed to create side effects and other diseases if you take it, and while doing so bankrupt the global economy by shifting wealth from the people to legalized drug cartels. (Or am I being too...too...blatant?)

This errant Central Dogma interpretation by Medicine is something that can destroy the patient's life by victimization known as the "disease of the diagnosis" when the doctors states: "You have a disease. There is no known cause, and no known cure." Such a statement is contrary to the most elemental understanding of health and basic body processes. It is an expression of complete ignorance about how the body works and can cure itself. Further, it can actually activate the disease process more because the emotion, despair, throws epigenetic switches.

The refusal to acknowledge how the body can cure itself stems from the sorely limited Newtonian—completely mechanical—view of the body being a machine with the errant premise that all people emerge from the same test-tube. It ignores the quantum physics success stories of how natural therapeutic practices – acupuncture, herbology, homeopathy, energy work, and nutrition – serve humanity, and have more to offer for health and healing than any drug-based, symptom-suppressive model of mechanical tampering.

**Horatio:**

O day and night, but this is wondrous strange!

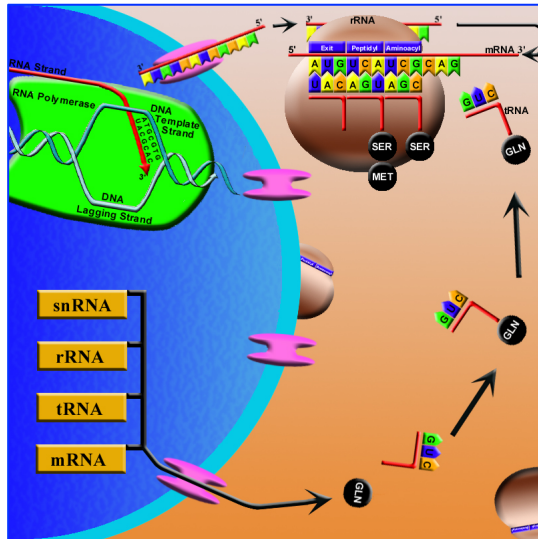
**Hamlet:**

And therefore as a stranger give it welcome.  
There are more things in heaven and earth,  
Horatio,  
Than are dreamt of in your philosophy.

-- William Shakespeare, Hamlet

**My Karma Ran Over Your Dogma.** Thankfully, that dogma has been shattered with the new understanding that environment, including diet and nurture, thoughts and emotions, radiations (ionizing and nonionizing) greatly influence how DNA is transcribed and implemented. The budding science, Epigenetics, dispels the errant Central Dogma interpretation, so Science is stating, loud and clear what natural health practitioners have been saying for decades:

- Just because your parents had a disease, it does not mean that you have to do likewise
- If you don't like the output, change the input
- Thoughts, feelings, and beliefs predispose how our biology works
- Foods, plants, and herbs provide input to our genome about how and what to express regarding health
- People are NOT victims of the disease, but participants in the process
- Environment is a major player in our health – toxins cause disease, detoxification eases the burden
- Cell membranes have "consciousness"
- Your body can heal itself.
- How can you help your body heal itself? Remove the cause and reestablish optimal cell behavior.



Now Science understands that our genes only slightly influence our health outcomes. In Natural Medicine we call this “predispositions” and “miasms.” This refers to chromosomal expression changes due to acquired pathogens such as gonorrhea, syphilis, tuberculosis, rabies, as well as cancer and environmental factors that can be passed to future generations.

We do understand that it’s harder for the body to heal itself once genetic switches are thrown (but not impossible!) Yet, known but unrecognized factors are quite weighty in influencing health outcomes. These factors are diet/nutrition, plants/herbs, stress relief, environment, thoughts/emotions or what has been known for 90 years as the unfairly ridiculed “holistic model.”

Unfortunately since it’s discovery, the Central Dogma has been erroneously interpreted by Modern Medicine to

emphatically state, “Once an autoimmune disease gets turned on, there is nothing that can turn it off.” Such an interpretation inadvertently insults the body’s Innate Intelligence, and invalidates all the many (thousands) of people who have reversed autoimmune diseases. It’s not that the dogma is wrong, it’s that the body has other mechanisms that govern health and healing other than a Newtonian interpretation of Central Dogma. One such mechanism the, Innate Intelligence, has a very powerful say or choice over what information is replicated. If the choice changes, then the outcome changes. So there is always a “plus” element in life. Not just for “miracles,” but for quantum changes based on resonance.

The Central Dogma has struggled for many years to hold its validity. It keeps proclaiming that the DNA and parents pass to their children is “all set.” If the genes you inherited are prone to cancer, then you will have cancer. If not, then you won’t. But such over-simplistic concepts have never been satisfactory in light of identical twins who have the same genes, but one gets cancer and the other one doesn’t.

The Innate Intelligence operates according to laws and processes as well. These are called the Natural Laws of Health. Here we find that *Love* is a healing influence. *Belief* is a power that affects health outcomes. *Thoughts* and *attitude* govern the rate that the body can change. Peaceful surroundings cause an infant’s brain to develop centers of higher learning—art, math, music, etc. Fearful surroundings cause the infant’s brain to develop its reptilian survival modalities. Physical touch (licking) by the momma mouse allows neonatal mice to thrive; failure of the mother to lick results in stunted development, even death.

### What is Newtonian Physics?

The science dealing with the description of the positions of objects in space under the action of forces as a function of time. Some of the laws of mechanics were recognized at least as early as the time of Archimedes (287–212 B.C.).

In 1638, Galileo stated some of the laws of mechanics, and in 1687,

Isaac Newton published his *Principia*, which presents the basic laws of motion, the law of gravitation, the theory of tides, and the theory of the solar system. This monumental work and the writings of D’Alembert, Lagrange, Laplace, and others in the eighteenth century are recognized as classic works in the field of “classical mechanics.” Jointly they serve as the base of the broad field of study known as Newtonian mechanics. This field does not encompass the more recent developments in mechanics, such as statistical, relativistic, or quantum mechanics. In the broad sense, classical mechanics includes the study of motions of gases, liquids, and solids. In reference to solids, classical mechanics is subdivided into statics, kinematics, and dynamics. Statics considers the action of forces that produce equilibrium or rest; kinematics deals with the description of motion without concern for the causes of motion; and dynamics involves the study of the motions of bodies under the actions of forces upon them.





If the body is only viewed in the Newtonian-Western Medicine model of being a complex machine that functions solely on molecular cause-and-effects (action/reaction gear work), then interpreting the Central Dogma to say, “You are doomed once you develop an autoimmune disease and there is no cure possible,” holds credence in that limited perspective.

But the Newtonian Physics model is not the only model that operates the human body. In fact it is the least important influence because it only governs the mechanical, molecular processes, but does not account for paranormal processes, feelings (forgiveness), thoughts, gut instinct, religious experiences (Newtonians have tried to associate prayer with the neurotransmitter, dopamine, but can’t account for why that can be curative), and so forth.

Another model is found in the principles of Quantum Physics. Here is where Science respects “The Body Electric” and how the body responds to invisible energy fields. In the Quantum model we find particle and wave interactions of energy and matter. Electrons can be in more than one place at the same time. Here we find validity for acupuncture, homeopathy, and systemic herbology. Cells have “antennae” that receive messages from the etheric environment, and even miniscule resonances can have a profound effect on what occurs within the cells and cell nuclei. Here, “Energy is Everything!”

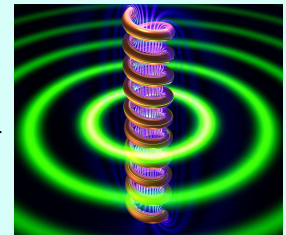
We might say, “Garbage in, garbage out,” and even better, we might say, “Healthy-vital information in, healthy-vital information out.” Not only is this a case in point for “attitude is everything,” it’s a case in point that allows changes in gene expression based on energy frequencies. It certainly means that nutrition impacts the cells to elicit healthy gene expression via the Newtonian principles, but even small amounts of nutrition can “turn on health” in more cells than there are molecules – a salute to Quantum Physics where the cells work together as a team without molecular messages shared.

**Variables In Genetic Expression.** Within the cell’s DNA are factors that “stack the genetic deck” and thus help determine what genes are expressed. One factor is methyl molecules that silence chromosomes by attaching to them. When this occurs, the cellular Xerox machine (transcription process governed by the Central Dogma) can’t see that information and so it is not expressed. Methyl molecules silence disease process expressions and can be supported nutritionally. [See Research Report #6: *Methylation: The Body’s Alchemical Wizardry* at [www.appleadaypress.com](http://www.appleadaypress.com)]

Another factor that exerts control over gene transcription are eight alkaline proteins called “histones” which are responsible to fold DNA. Histones are the forks that twirl up the entire bowl of spaghetti, they twirl the DNA into a compact space. The DNA in a cell, if unraveled would stretch out 10 feet, so it’s a lot to manage. Histones fold it up so it fits in the microscopic cell nucleus. If histones fold it a certain way, then the most accessible information to transcription is health-building sequences. If the folding gets jumbled up, then the most accessible information can be confusion or disease-expressive sequences.

### What is Quantum Physics?

Quantum physics is a branch of science that deals with discrete, indivisible units of energy called quanta as described by the Quantum



Theory. There are five cardinal concepts.

1. Energy is not continuous, but comes in small but discrete units.
2. The elementary particles behave both like particles *and* like waves.
3. The movement of these particles is inherently random.
4. It is *physically impossible* to know both the position and the momentum of a particle at the same time. The more precisely one is known, the less precise the measurement of the other.
5. The atomic world is *nothing* like the world we live in.

Quantum Physics contains many clues regarding the fundamental nature of the universe and is more important than Einstein’s relativity theory. It describes the nature of the universe as being much different than the world we see. As Niels Bohr said, “Anyone who is not shocked by quantum theory has not understood it.”

So now we have two variables that influence what the Central Dogma expresses within the scope of its dogma. But what influences methyl molecules and histones to regulate genetic expression? It's a combination of Newtonian and Quantum mechanics found in "epigenetics" – the budding science that studies what causes genetic expressions that change (not irreversible!) without the need for a genetic mutation or overt change in the DNA gene sequences.

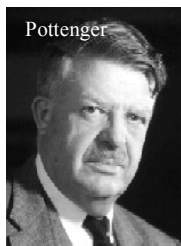
Epigenetics introduces a wild card factor into the genetic expression equation because science is finding that many internal and external influences impact epigenetic expression. Sure, transcription can be labeled as a "one-way street" but epigenetics determines what one-way street is driven and what is delivered from that one-way street. Thus, thoughts, feelings, attitudes, electromagnetic frequencies, nano-molecules, heavy metals, pesticides, foods, plants, and herbs all can instruct the epigenetics about what to express. So out of epigenetics comes the proof that whole foods from Nature including herbs are the human being's true medicine. (Just had to repeat because here is the validity of herbology, acupuncture and homeopathy!)



### Weston Price and Francis Pottenger: Disproved the Central Dogma in 1936

*"Humanity has suffered beyond comprehension from Big Pharma & Medicine's failure to align with Truth of the holistic model."*

For most scientists taught to believe in the fallacy that DNA is predestined destiny, the discovery that plants and foods alter genetic expression and thus health of our grandchildren is an eye opener.



Pottenger

Dr. Francis Pottenger, Jr., conducted a nutritional experiment on successive generations of cats that proved an irrefutable link between nutrition and epigenetic inheritance. In his milestone study, he fed one group of cats—along with their progeny—an unnatural diet of cooked meat and milk. He fed another group their natural diet—raw meat and raw milk. The results were spectacular. While the raw-food cats remained in perfect health through generations, the cooked-food cats experienced progressive debilitation "including bone malformations, disease, and mental deterioration." By the third generation in cats became disease-ridden and sterile.



Price

Dr. Weston Price traveled the world to find indigenous populations in the process of switching from their traditional whole-food diet to one of modern, processed foods such as refined flour and sugar.

Though ailments such as cancer, diabetes, and other "diseases of civilization" were previously unknown in these cultures, they soon appeared after the adoption of processed foods. People who made the switch began giving birth to children with greater tendency to physical defects (documented in their teeth and dental arches) and mental disorders—just like the offspring of Pottenger's cooked-food cats.

The message was clear: *altered food molecules are an inheritable disease*. Now we know why. Processed foods—devitalized and deficient in essential nutrients—alter epigenetic expression. By eating defective food, we are introducing viruses into our genetic software. And that's before the insidious altering of food genetics to make them pesticide ready!



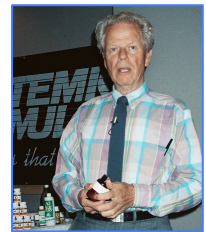
**SMOG WARNING**—Drs. Francis M. Pottenger Jr., on left, and William F. Quinn answer questions at press conference where they revealed that cancer specialists agreed almost unanimously that smog can be cause of human malignancies. THOMAS PHOTO

**Food = Genetic Destiny.** *“Foods, especially herbs, bioenergetically communicate with our genes to repair and maintain tissue integrity.” - A.S. “Doc” Wheelwright*

The Price-Pottenger research findings are paradigm shifting. If people continue to eat processed foods, they also compromise the health of their descendants. Such activity fits the definition of a crime against humanity. Further, if successive generations also continue eating denatured, man-altered foods, and are lacking in the vegetative genomic influences, then they would compound the problem until one day, like Pottenger's cats, the human species might become so sick and malnourished that it can no longer reproduce itself. By the way, infertility is an alarmingly growing concern in the 21<sup>st</sup> Century. (1 in 6 couples have difficulty.)

With processed foods dominating the human diet for multiple generations, some people are on the fourth and fifth generation of their own version of the Pottenger Cat Experiment. As Price/Pottenger stated, and as Wheelwright foreshadowed, our diseases and miseries are rampant in the 21<sup>st</sup> Century. Children are born with increasing rates of defects and degenerative illness. Where are the diseases? In the damaged mitochondrial and nuclear genetics, and the epigenetic expressions of genetic information.

But it's not too late. We can still reverse this catastrophic trend if we eat the Pro-Vita! way established by Doc Wheelwright to provide the body the most complete and comprehensive whole-nutrient intake possible.



Doc Wheelwright predicted that humanity's impoverished nutrition could push the species beyond the point of no return. He taught that everyone must have a garden if they want to express optimal health and created the “Food Factory” so people could grow food anywhere.



Epigenetics is promising to be the death knell for the faulty Central Dogma interpretations that have doomed people into believing an entire litany of fallacies that Science, Big Pharma, and Medicine have promulgated to Big Pharma's benefit. Here's a few fallacies. See you've been misled into believing any of the statements, and if you have, then endeavor to eradicate them by reading and understanding this Report because what you *believe* has a powerful influence over what your manifest into your life.

- **Fallacy #1:** “If your parents have a disease, then you will get it too.” Translation: “You are doomed to get breast cancer, so let's do a mastectomy now before you get into trouble. I mean, you're already 18 years old. The time bomb is ticking.”

- **Fallacy #2:** “There's no known cause to this chronic disease.” Translation: “Of course there is a clear cause to this disease—just look at the 1,440,000 studies on pesticides and heavy metals—but Big Pharma hasn't developed a drug yet, so there's not a proven cause.”

- **Fallacy #3:** “There is no known cure for this disease.” Translation, “Big Pharma has not developed a toxic, \$300/day drug that effectively suppresses the symptoms (but won't correct the cause).”

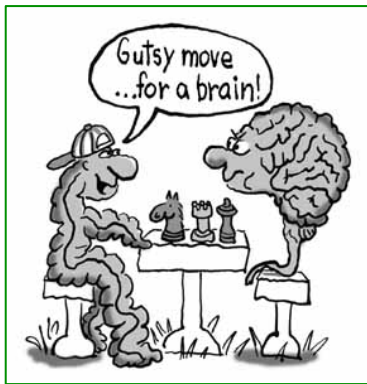
Now, having covered a small but key facet of science history, let's address the reversal of autoimmune diseases. Here we have a push pull situation.

**Autoimmunity.** The “push” toward the disease is all the factors that damage DNA and detrimentally impact epigenetic expression. Negative thoughts; limiting beliefs; environmental toxins (pesticides, heavy metals, chemicals, polluted air; denatured diet, ionizing and non-ionizing radiation, electromagnetic emanations); suppressive drugs; genetically modified food; lack of nurture; and lack of varied plant material in the diet are chief factors that present instructions to the epigenetic processes.

The “pull” away from disease is all the factors that positively influence the body to express optimal health. Examples: the Innate Intelligence, whole organic foods, raw organic foods, love, laughter, joy, positive thoughts and beliefs, prayer, exercise, detoxification, and the nutriments and remedies from knowledgeable natural health practitioners.

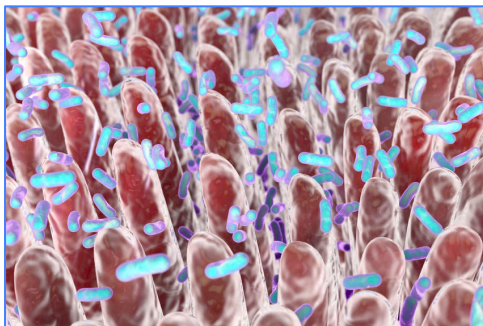
Because of pioneering Metabolomics researchers, scientists who specialize in combining nutritional factors with herbal “genome activators,” natural health practitioners have quick access to cutting-edge formulas that provide a decisive edge for people to “pull” out of disease expressions and help nourish the normal, natural cellular functions.

**Autoimmune Diseases Start In The Intestines.** Further autoimmune diseases most often start in the intestinal lining. The *cytokines* (cell signaling, immune-modulating molecules) released by distressed enterocytes can cause the immune system to get riled up all over the body with the results that the immune system starts attacking other cells (which are probably also experiencing damage and inflammation due to environmental toxins), and this is the process of “self-attack” or hyper-immunity, autoimmune diseases and neurodegenerative diseases.



When the body was developing before birth, two nervous systems were created out of the same tissue: 1) the brain/central nervous system, and 2) the enteric nervous system. These two systems are connected via the vagus nerve (the 10<sup>th</sup> cranial nerve) and influence each other. This is how stress and worry interfere with digestion, and how digestive upsets can affect mood and hormones throughout the body.

The enteric nervous system (the “second” brain), communicates with the “first” brain, (the cranial brain between your ears) as well as practically every other organ and gland in the body. It carries bioenergetic and biochemical messages from the probiotics, fibers, herbs and plants that you consume about how to regulate and elicit optimal health throughout the body including mental, emotional, and physical health.



New research on the vital importance of our gut microbiome – especially the probiotic bacteria and bacterial biodiversity reveals that our gut bacteria influence our thoughts, feelings, food desires, mood, set-point of inflammation for the whole body, help choose our mates, help determine weaning and puberty, and support our immune systems.

**The presence and/or lack of certain species in our intestines influences epigenetic expressions of health and/or disease.**

This is why we must reexamine the use of toxic chlorine and fluoride in the water we consume. We must stop consuming foods that contain antibiotics (commercial meat and farm-raised fish). The war against all bacteria (the good and the bad) must stop because the collateral damage to friendly species can cost us our health. Science is learning how to use good bacteria to keep the bad bacteria in check.

Our inner faculty that oversees all our body functions and genetic regulatory activity is called the “*Innate Intelligence*.” We know that the body’s Innate Intelligence functions under the prime directive: *adapt and survive*. Thus the Innate Intelligence is intimately associated with our survival mechanism—not just the fight-or-flight response, but our bodies’ abilities to use fever to kill pathogens, vomiting to expel poisons, diarrhea to eliminate pathogens, lacrimation to cleanse the eyes, and cough to expel inflammation-causing organisms and molecules from our lungs. We discuss this more in the Report on “Leaky Gut Syndrome” and how, in the fundamentals of digestion, lies a primary cause of all diseases, and why Doc Wheelwright often said, “Diseases start on your plate.”



**Summary.** Time Magazine (Jan 2010) presented some of the first public information on epigenetics in the report, “*Why Your DNA Isn’t Your Destiny*.”

*The new science of epigenetics reveals how the choices you make can change your genes—and those of your kids.*

Science is slowly catching up to what the great natural health experts have extolled for the past 75 years—*food (including herbs) is your medicine*. Now in the 21<sup>st</sup> Century, we need both organic food and nutritional/herbal therapeutics to help reverse the headlong trend of chronic degenerative and autoimmune diseases that stem from human epigenetics responding to the environmental toxins, altered foods, and lack of proper nutrition to support health. As for DNA damage? The body can correct that as well as it has enzyme mechanisms in place that protect telomeres and repair chromosomal damage. As with epigenetics, it’s the whole, organic foods and pesticide-free herbs that facilitate the body’s self-regulatory marvels.

*Best Wises in your health endeavors!*

**About the Author** Dr. Jack Tips is a clinician[[www.wellnesswiz.com](http://www.wellnesswiz.com)], author of 16 books, and is a licensed clinical nutritionist, (New York), living in Austin, Texas. He is an avid proponent of intestinal microbiome support and trained over 100 doctors to implement the WellnessWiz PACT™ (Probiotic Advanced Colonization Technique). Known internationally for his insights on the body’s innate cellular detoxification processes, thyroid health, and the intestinal microbiome, his insights and free & fee-based downloadable articles are posted at: [www.AppleADayPress.com](http://www.AppleADayPress.com)