

# Natural Health News

## What Can Our Genes Tell Us? Breakthroughs in Genomics Testing

Do you want to know your individual risk for developing chronic diseases such as heart disease, osteoporosis or hypertension? Have you experienced unusual drug reactions or have been prescribed medications that just didn't work and you don't know why? Do certain chronic diseases run through your family? Now there is DNA testing available to help you understand genetic factors that may influence your risk of developing chronic disease.

The Human Genome Project has mapped the entire human genome, consisting of from 30,000 to 40,000 genes which code for every protein and enzyme made in our bodies. Over 99% of our genes are the same, but the one percent difference is an important factor in our individual genetic strengths and weaknesses. While we are still learning the function of many of these genes, we are now able to understand how our genes control body functions such as blood sugar control, our susceptibility to inflammation, our tendency to make cholesterol, and our ability to detoxify environmental toxins adequately (just to name a few).

### What Makes You Unique

Scientists have identified a number of variations in our genetic makeup that are associated with almost all chronic diseases. By focusing on carefully selected genes associated with a particular disease or imbalance, we can evaluate each person's unique genetic predispositions, then develop and implement a carefully targeted, customized plan even before pre-disease imbalances are clinically evident.

For example, let's say that heart disease runs in your family. Your cholesterol is normal, your blood pressure is fine, and you don't smoke. No evidence of current disease exists. On DNA testing, you discover that you inherited a gene from only one of your parents that is associated with high cholesterol levels, putting you at moderate risk. You also discover that you inherited genes from both parents that predispose you to inflammation that can raise your heart attack risk, as well as genes that predispose you to develop high blood pressure. With this knowledge, you can develop an individualized approach to prevent high blood pressure and minimize inflammation, as well as understand

(continued)

### Calendar of Events

#### Are Your Periods a Pain?

Do you get *Killer Cramps* or *Menstrual Mania*? Come explore the causes (it may be endometriosis) and learn about natural solutions to these monthly maladies.

**Wed., March 8, 7:00 p.m.**

Dr. Day at Whole Foods (Franklin)

**Sunday, March 12, 1:00 p.m.**

Dr. Day at Elephant Pharmacy (Berkeley)



**Interested in UltraLite?  
Call to find out when we'll  
have our next free  
presentation.**

### The Aqua Dome— Multi Pure's New Water Filter



Now you can enjoy tasty, fresh filtered water for just pennies a day. The Aqua Dome has the same filtration as the stainless steel models but retails for only \$179.95. By comparison, the under-the-sink stainless steel model is \$379.95. Ask us about the discount.

**Reg. Price \$179.95**

**Discount 100.00**

**Net Price \$79.95**

## What Can Our Genes Tell Us? *(continued)*

appropriate tests to determine early on if these genes begin to express themselves.

### Genetics Are Only Part of the Picture

Just because we have genes that raise our risk for certain diseases doesn't mean that we will develop these diseases. This is because virtually all chronic degenerative diseases are believed to develop from an ongoing interaction between genetic and environmental factors. How we eat, how we exercise, how we manage stress, and how our

bodies deal with environmental toxins can determine whether a gene turns on or off, thus affecting our disease risk. The science of understanding how diet interacts with genes is called Nutrigenomics.

Genetic testing, in other words, can give us a glimpse into our future health risks and allows us to take preventive measures early. People choose genomic testing for 3 reasons:

- ▶ For predictive assessment, giving health-conscious people the insight they need to adopt more effective and focused risk-minimizing strategies to improve and protect their health.
- ▶ For people with a family history of chronic disease to learn if they have inherited a genetic predisposition for this disease and if so, determine ways they can "break the pattern" and better prevent it.
- ▶ For "challenging" cases where genetic testing can help us understand why certain people may not respond to clinical interventions that usually produce a favorable outcome.

At SOMA Acupuncture, Dr. Hangee-Bauer and Dr. Day can help you select genomic tests that are appropriate for you, help you understand the results of your tests, and work with you to develop a personalized plan to reduce the risk of developing chronic disease and maintain good health throughout your life.

*Carl Hangee-Bauer, ND, LAc*

## SPRING IS THE TIME FOR DETOX

Thinking about doing a spring cleanse? We offer a detoxification program which takes you through a guided cleanse over a 3-week period with office visits at the beginning and end of the program. If you have been wanting to experience increased energy and well-being by doing a detox, now is the perfect time. Please call to schedule it.

### Genomic Tests Available

#### Cardiogenomic Profile:

Evaluates genetic factors associated with risk of stroke, heart attacks or high cholesterol.

#### Osteogenomic Profile:

Evaluates genetic factors associated with risk of osteoporosis and bone problems.

#### Detoxigenomic Profile:

Helps you understand your specific liver detoxification genetics to identify potential adverse drug reactions and ability to detoxify environmental toxins.

#### Immunogenomic Profile:

Evaluates genes that affect immunity and inflammation, resistance to disease, and those associated with chronic inflammatory diseases.

#### Neurogenomic Profile:

Evaluates genes linked with risk of chronic neurological diseases.

### SOMA Acupuncture & Natural Health Clinic



Founded clinic in 1989. Integrates naturopathic medicine and acupuncture.

Carl Hangee-Bauer, ND, LAc



Naturopathic doctor specializing in women's health.

Amy Day, ND



Office manager and newsletter producer.

Michele Hangee-Bauer



Clinic receptionist

Shannon Fitzsimons