

The Driving Forces To Health or Disease

"There are certain driving forces that drive patients' body chemistry toward health or disease."

More research creates more options when it comes to treating conditions naturally. Sometimes it's difficult to sort out what are the primary forces or underlying causes to address. Sometimes therapeutic interventions are limited so we want to make sure we hit the "big dogs".

Dr. Robert Kessinger, speaking at DABCI ProHealth seminar, shared a way to rank presenting problems that really connected with me. He mentioned that he always uses this ranking when deciding which nutrients are essential and which tests should be performed. He reminded us that there are certain driving forces that drive patients' body chemistry toward health or disease; and that unless you deal with the "drivers", you are really just using nutrients instead of drugs to treat symptoms. Just as the driver in a car is in charge of the direction of the car, these "drivers" are the initiators that drive chemical processes.



I have added a few things to his list and I'm sure you have others that you would like to add as well, but as a whole these drivers serve as a check list to review and remind ourselves that they must be evaluated.

Just the word "drivers" fascinates me. It's plural because there can be more than one driver. It's the drivers that initiate many of the symptoms that plague our patients. For example a "driver", like excess insulin can drive the chemical processes that affect our DNA and alter how DNA is re-

paired and function. Impaired DNA can cause cellular damage. Cellular damage can obviously reduce how the cell functions. Reducing cell function can cause organ dysfunction which leads to symptoms. Prolonged organ dysfunction can lead to organ damage and ultimately diagnosable disease and perhaps pathology.

Let's look at Hashimoto's Thyroiditis as an example and trace it from the drivers to the diagnosable condition. One of the drivers of Hashimoto's Thyroiditis is a leaky

gut. A leaky gut induces the chemical processes of inflammation and mitochondrial impairment which affect our DNA. Reduced DNA limits repair mechanisms. Reduced repair mechanisms cause cell damage and results in impaired physiology. Impaired physiology yields symptoms as the organ is in a state of dysfunction.

In our case of Hashimoto's we're talking about fatigue, weight gain, cold extremities, inability to concentrate, etc. Eventually if the drivers and chemical processes are not addressed the disease is diagnosed. So what are the major drivers of disease?

1. Diet and food sensitivities.
2. Digestive dysfunction.
3. Internal dysbiosis in the release of endotoxins through a leaky gut.
4. Hidden in infections- bacterial and viral.
5. Hyperinsulinism and blood sugar effects.
6. Environmental toxins especially genetically modified foods.
7. Adrenal stress which is a reflection of sympathetic overdrive.
8. An acidic chemistry.
9. Toxic element exposure or heavy metals.
10. Mitochondrial impairment.
11. Liver impairment; including a fatty liver.
12. Methylation issues.
13. Lack of movement, creating lymphatic stasis and poor circulation.

Dr. Kessinger went on to say, if you take care of the primary drivers, generally, the secondary drivers will take care of themselves.

Methylation is an example. If someone is not methylating properly their DNA is compromised, they're not making enough neurotransmitters, they are in a state of inflammation, they are more susceptible to

viruses and bacteria, etc. Those are big problems and you can see why it would be considered a driver.

However, if you eat real food, particularly fruits and vegetables, and you digest your food properly, you will have the minerals and alkalizing factors necessary to detoxify heavy metals. If you are eating foods from an anti-inflammatory diet, your insulin levels will be moderate. If your body maintains an alkaline chemistry, your adrenal glands will not be overworked. Good food and healthy blood sugar levels will reduce liver congestion. All these factors will encourage healthy methylation.

So paying attention to the drivers and being aware of the chemical processes that are occurring can go a long way to treating disease naturally. Some physicians have called this type of therapy building infrastructure or foundational support.

Making sure patients are eating an anti-inflammatory diet, taking a broad spectrum multiple vitamin mineral like ProMulti- Plus, essential fatty acids like Optimal EFAs, maintaining healthy vitamin D levels, and a good probiotic like BioDoph-7 Plus can help to modulate the drivers that underlie disease. Of course, we want to use the laboratory properly to assess our patients' condition and treat what we find.

But let's not forget long term prevention and moderation is the key to optimal health. Please print the chart to the right and share the concept of drivers with your patients.

With time, conversations like these can motivate our patients to keep them on the straight and narrow towards optimal health.

Thanks for reading this week's Tuesday Minute edition. I'll see you next Tuesday.