

Case Study
Epigenetics and Leukemia
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Definition

Epigenetics is a relative new science which has shown that the influence of genetics and heredity factors on health can be changed. What they have discovered is that we do not have to die of the same diseases as our parents or grandparents did and it all has to do with traditional foods, nutrition, and resetting the body as experienced in chiropractic adjustments.

Patient Profile

The patient is a 66-year-old male of caucasian descent. He is 5-feet 8-inches tall and weighs 170 pounds. His vitals were:

axillary temperature-97.9°F	blood pressure-122/54	Pulse-75	BMI-29.53
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He is married with one son. Occupation-retired welder. His major complaint was low energy and difficulty urinating. Because of his family history of leukemia, he made sure he had a complete physical and blood work up annually. It showed few if any abnormalities until this year. Current blood test results were:

Test	His result	Normal range
WBC	0.7 (very low)	4.1 to 10.9
RBC	2.26 (low)	3.35-5.50
Hemoglobin	7.1 (low)	12.5-16.6
Hematocrit	21.3% (low)	38.0-48%
Platelet count	36 (very low)	130-400

His first diagnosis was Pre-leukemia (MDS). Next, after a bone biopsy, his diagnosis changed to Pancytopenia (anemia). Then the diagnosis morphed to lymphoma malignant large cell stage four, giving him six months to live. I told him that quality of life was the most important and that only God knows how long we are going to live.

Having just relocated to Indiana from Michigan, he had the additional stress of caring for his wife who contracted COVID-19. When she recovered, he sought the help of a nearby family physician who took one glance at his blood workup (see above) and told him he should already be dead.

Through all of this he was given whole blood and platelets weekly. Just after taking the second NDIS supplements (four months later), he found out that the platelets were tainted. Not only did he develop pneumonia, but he was infected with salmonella. To everyone's surprise, he lived through the ordeal.

NDIS (Nutritional deficiency identification system) Test

The NDIS Test was performed, and the recommended nutrients are reported below. Also included is a brief description of each supplement. Nutrients have multiple applications and sometimes we do not fully understand how they all fit to solve a specific health problem.

Discussion

After reviewing his first Wellspring NDIS results, I naturally looked for anemia factors, but there were none. The need for bone tissue (bone marrow) clued me into an answer. In an old textbook by BEST and TAYLOR¹, it discussed hemostasis as a cause. To help to blood clot properly, it needs bone marrow, and tissues of thymus, lung, and adrenal (adrenalin). The NDIS results showed all these needs. In addition, we found yarrow and black currant seed oil that are also involved in hemostasis, making a total of six supplements working toward building his blood.

Four months later, he had his second NDIS test. Now we found nutrients related to anemia: folic acid B-12, liver, and hydrochloric acid, alfalfa, chromium, zinc, potassium, and manganese. The first three are related to digestion and absorption. The remaining nutrients were probably related to the body building up strength and detoxifying. I emphasize that the body chose the nutrients based on priorities and survival. It is often not a typical process and procedure, and one pathway is not the same for everyone.

Epigenetics part of the discussion

Epigenetics comes into play since I had a chance to examine and test his two older brothers with NDIS. Although they had the same parents, each brother had different occupations. Because of this, their exposure to different chemicals and stress factors led to different genetic triggers affecting each brother's quality of life.

The youngest brother (current client) was a welder and had the most toxic exposure out of the three brothers. You are now familiar with his struggle, and he is currently still alive.

The middle brother chose a very stressful occupation and had been prescribed many drugs and had many surgeries. He was 70 years old and died of cancer six months after his NDIS test. His results revealed supplements related to toxicity. It is also possible to generate toxins within the body when under constant stress (autointoxication).

The oldest brother is the healthiest of the three. He has a good lifestyle, low stress occupation, good dietary habits, fasted regularly (detoxification), and ate nutritional support. Even at the age of 71 his test results revealed supplements related to anemia. He is still alive.

Conclusion

Epigenetics directs us to look at the stressors that trigger a "weakness" in our genes, possibly

recreating the illness(es) seen in family members recently or nine generations ago. Men and women take medications and self-medicate without realizing long-term consequences especially while in their child bearing age. As stress in our society increase year by year, the damage to our genes may show up soon as a health concern or it may take generations to manifest. Notice how cancer in children and such multiple health problems like birth defects, autism, and child depression have increased dramatically in the past years. It is time for insurance companies and our government to start paying for alternative and preventive care (return to health) and to stop paying for managing symptom (cover-ups). Chiropractic adjustments when done correctly can rest the muscles and nerves, possibly resetting the mRNA. Nutrition can give absorbable nourishment to the body, healing us from illnesses.

Reference and Bibliography

1. BEST and TAYLOR, "Substances which Hasten the Clotting Process," Medical Physiology 7th edition, 1961, page 115.

Shanahan, C., & Shanahan, L. Deep Nutrition: Why Your Genes Need Traditional Food. Four Pillows of the Human Diet. Flat Iron Books: New York, 2016.