



Markley Chiropractic Wellness Center

Dr. Jerry L. Markley D.C.
311 E. Drexel Pkwy. Rensselaer, IN 47978
Phone: 219-866-3491 Fax: 219-866-8800

NEWSLETTER SUMMER AUGUST 2014

From August 8th-10th, 2014, I attended Standard Process' symposium on nutrition presented in Traverse City, Michigan. At this seminar, some of the brightest doctors in the field of clinical nutrition presented case studies and treatment protocols for various conditions including: cardiovascular disease (specifically heart blockages, stroke, and atrial fibrillation), viral immune challenges and dysfunction, and autoimmune diseases. Even after 30 years of practice, the incredible results that the appropriate nutritional protocol can have on any disease process and completely turn it to health still utterly amazes me. Functional medicine identifies muscle testing to be a common trait of successful natural practitioners that utilize their hands and reflex points. The practitioner's employment of intuitive techniques like muscle testing, bio meridian analysis, etc, allow the practitioner to sort out many different products and ideas to find the right approach and unique biochemical individuality for that patient. The key to these methods is knowing what questions to ask to help identify the appropriate protocol for that patient's health challenge or disease to return the body back to homeostasis. I am excited by the information and techniques I learned, and would love to recap some of them with you here.

Methylation

The first nutritional concept of critical importance is "methylation." Methylation is the process of donating a methyl group to substrate. These substrates are common to DNA, RNA, neurotransmitters, hormones, immune cells and nerves. Methylation affects glycine, norepinephrine, epinephrine, serotonin, melatonin, and histamine. It is disturbed by various mechanisms such as a lack of zinc, magnesium, and vitamin B₆. Medication, antacids, and environmental toxicity of heavy metals, chemicals, arsenic, mercury, acetyl aldehydes also disturb methylation.

Genetic mutations also disturb methylation. Methylation can be enhanced from B-vitamins (B₆, B₁₂, Folic Acid and choline). SAM-e and magnesium are essential for methylation. Enzyme conditions associated with methylation imbalances are diabetes, cancer, spinabifida, autism, parkinsons, atherosclerosis, multiple sclerosis, alzheimer's, dementia, ADD/ADHD, and immune deficiency. A more specific gene mutation, MTHFR (methylenetetrahydrofolate reductase), is a gene mutation that results in high levels of homocysteine and an increase in clotting issues, which results in strokes, heart attacks, miscarriages, autism, chronic fatigue syndrome, fibromyalgia, IBS, and alzheimer's. This specific gene mutation exists in my own

family. Specific supplements to help this condition and gene mutation include: B₁₂ 2000, Activator (Multivitamin B complex and multimineral), MgK, Cardio Vitalzym (enzyme to clean arteries and thin blood), Zinc Lozenges, Cyruta, Cyruta Plus, Bromelain Plus CLA, A-F Betafood, and Greens First.

Cardiovascular Health

Presented by Doctor Randy Tent, the second nutritional concept of critical importance involves cardiovascular health. The key: clotting factors, not cholesterol. In fact, Lipoprotein A is the number one most aggressive cause for heart disease and coronary plaque. Lipoprotein A, LP (a), consists of LDL cholesterol bound to protein apolipoprotein (a) and is ten times worse than LDL. Lipoprotein A excessively constricts coronary arteries and is an inherited abnormality that has implications for plaque growth, blood clotting, and artery constriction. Diets high in carbohydrates increase LP (a) and Triglycerides. Fats reduce LP (a). Perhaps surprisingly, a low fat diet is the worst possible diet for Lipoprotein A. Thus, the clotting factors involved with cardiac heart disease consist of: cholesterol, HDL and LDL, Triglycerides, Ratio HDL/LDL, Lipoprotein A, Homocysteine, Fibrinogen and elevated C-reactive Protein. The total cholesterol is one small component and probably, according to recent research, the least important determinant.

Doctor Tent considers homocysteine levels to be very important risk factors for atherosclerosis, heart attack and stroke. Homocysteine is elevated by caffeine, as well as the drugs:

- cholestyremine,
- fenofibrate (also known as Tricor),
- Levadopa,
- Metaformine (also known as Glucophage),
- methotrexate, and
- Niacin.

Deficiencies of B₆, B₁₂, B₂, Magnesium and Folate also elevated homocysteine. Ideal homocysteine levels are below 10 $\mu\text{mol/Liter}$. (μmol =micromole) The Lipoprotein A, Fibro Nitrogen and high C- reactive protein levels are reduced through proteolytic enzyme. Therefore, the use of a proteolytic enzyme can digest inflammation, excess mucus, plaque or other debris in your arteries.

Throughout the years, I have compiled case histories of patients with known arterial blockage in both their kidneys and coronary arteries. I personally, through lab work and C.T. scans of the heart arteries, have witnessed improvement or resolution of arterial blockage utilizing proteolytic enzymes. For example, the creatinine glomerular filtration rate (GFR) have improved with the employment of the correct type of proteolytic enzyme and in the Heart CT scan the amount of calcified plaque has reduced on subsequent scans. The products that reduce arterial plaque Lipoprotein A and Fibrinogen include:

- Cardio Vitalzym,

- Cyruta,
- Cyruta Plus,
- Bromelain Plus CLA,
- TMG,
- Optimal EFA,
- EPA-DHA,
- Cardio Plus, and
- Cataplex E₂.

Heart mitral and tricuspid valve issues and arterial fibrillation can be helped nutritionally by using B₁₂, Folic Acid, B₆, Magnesium, CoQ-Zyme10, Hawthorn Berry, Cardio Plus and Cardiotrophin. Also, B₁₂ 2000, MgK, Bio-B 100, Q 10 Plus, CoQ-Zyme 30, CoQ-Zyme 100, Osteo-B II and Activator contain these nutrients.

Viruses

A third concept discussed at the nutritional seminar is viruses. Viruses are associated with many other conditions or diseases previously believed to be unrelated. Viral panels include:

- Epstein Barr Viruses (EBV),
- Herpes 1, 2, and 6
- Cytomegalovirus,
- Parvovirus B₁₉, and
- Thyroglobulin AB Hashimoto's.

Epstein Barr Virus HHV4 (Herpes 4), or EBS, is associated with mononucleosis as well as the following cancers and autoimmune conditions:

- Hodgkins Lymphoma,
- Burkitt's Lymphoma,
- Nasopharyngeal Carginoma,
- Systemic Lupus,
- Sjogren's Syndrome,
- Chronic Fatigue,
- Rheumatoid arthritis, and
- Dermatomyositis.

Individuals are ten times less at risk of MS if they are tested seronegative for EBV, Herpes 2, genital herpes, Herpes 6 Roseola, Herpes 6 Multiple Sclerosis, Epilepsy, Fibromyalgia, AIDS, Chronic Fatigue Syndrome, Optic Neuritis, cancer, Parvovirus B 19, children rash on cheeks, arms, and legs, and fevers. In adults, 15 % of all new cases of arthritis are due to parovirus arthritis. What weakens your immune system is the overuse of antibiotics, vaccinations, blood transfusions, operations, toxic environment, ibuprofen, prolonged stress, cosmetics, mold and fungus.

Several top immunologists believe that supplements that strengthen the immune system and fight viruses include ionized calcium, which reduces herpes flare-ups. Thus it is wise to utilize Cal Lactate, Osteo B II, or Cal Ma Plus.

Dr. Tent protocol includes:

- Immuplex: 2-3x per day,
- Cal-Ma Plus: 3 on an empty stomach at bed time;
- L-Lysine: 3 on an empty stomach in the morning;
- Cyruta Plus: 2-3x per day;
- Thymex: 2-3x per day;
- Adrenal Complex: 3 in the morning;
- Bio D Mulsion Forte: 2-3x per day;
- Cod Liver Oil: 1-3x per day;
- Bio FCTS: 2-3x per day.

Dr. Markley's protocol for significant viruses include:

- Whole System Lymph: 2-3x per day;
- Immuplex: 2-3x per day;
- Andrographis Complex: 1-3x per day;
- Zinc Lozenges: 1-3x per day;
- Cataplex ACP: 2-3x per day OR Sago C: 1-3x per day;
- Antronex: 2-3x per day;
- Homeopathic Category III, II, and V if feverish and lethargic.

All four natural practitioners presenting on the panel used Colloidal Silver with patients if significant secondary infection symptoms appeared. In our office, this would be in the form of Tri-Guard Plus, Zorex, or straight Colloidal Silver. Hopefully people will soon realize how significant viral infections can become to your health if left untreated.

Sincerely yours in health,

Dr. Markley

P.S. It's not all about cholesterol; it's about clotting, blockages, and keeping thin-relative to cardiovascular health.