

EPIGENETICS


the new biology

**Epi means above.
Thus EPIGENETICS means anything that can have an influence on gene expression such as**

Cranial and other mechanical faults	
Infections	Allergy
Toxins	Dehydration
Deficiency	Hypoxia
Low energy	Emotional

**Genes are responsive to the signals of the environment.
Epigenetics is the control of gene activity by environmental signals, the mechanism by which we control genes.
Epigenetics is mediated by environmental signals through perceptions. Misperception can miss run our genes.**

Body Types



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Body Types

A new look at evaluating different genetic constitutions
Christopher R. Astill-Smith D.O., N.D.

We all are aware that people's structure and size is different. Some people are tall, some medium and some small. Many different cultures have called these differences by names such as in Ayurvedic medicines they are known as kapha, pita and vata. In the West we know them as endomorphs, mesomorphs and ectomorphs. Biologically the human body's growth and metabolism is dependent upon three primary coordinating hormonal glands—the thyroid, the adrenal cortex and the gonads. These glands regulate our growth during childhood and repair of tissue as we age, our metabolic rate, how we cope with all forms of stress and how we function and behave sexually.

Back in 1993 I was studying defects in visual pigmentation in the eye of a number of patients with macular degeneration. Using different coloured acetates over their eyes to determine both detrimental and beneficial light wavelengths. It is known that the human eye is a trichromatic, that is it sees using three cones in the macular of the eye, each picking up wavelengths in the red, green and blue zones. Each cone colour is slightly offset at 619nm, 509nm and 440nm respectively giving the human over 5 million shades of colour perception. It was noted during clinical testing that one cone wavelength would be detrimental to a person whilst the other two were generally well tolerated. Occasionally a person would not

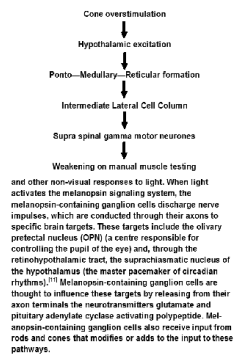
weakens to any of the three colours but would weaken to a black acetate. This was found to indicate a low level of vital energy.

The cones in the macula at the back of the eye are responsible for our ability to see colour. It is known that the retina of the eye is rich in the pigment melanin. Cones are present throughout the retina but are most densely packed in the fovea.

Because the rods and cones are at the back of the retina, the incoming light has to go through the other two layers in order to stimulate them. The reason for this is the location behind the receptors of a row of cells containing the pigment melanin (also found in skin, brain and adrenal glands). Melanin mops up the light that has passed through the retina, keeping it from being reflected back and scattering around inside the eye: it has the same function as the black paint inside a camera. The melanin-containing cells also help chemically restore the light-sensitive visual pigment in the receptors after it has been bleached by light. For both functions, the melanin pigment must be close to the receptors.

There are three forms of melanin—black and brown eumelanin and pheomelanin all of which have been detected in the retina and are known as ocular melanin. Melanin variation has been connected for some time with various genetic abnormalities and disease states and is known to be inherited from generation to generation. It is proposed that the weakening on manual muscle testing to one of the specific coloured acetates is due to an overstimulation of the red, green or blue cones due to genetic inherited variation in the melanin content. An alternative mechanism may involve variations in the gene expressing the visual pigment melanopsin.

Melanopsin is a photopigment found in specialized photosensitive ganglion cells of the retina that are involved in the regulation of circadian rhythms, pupillary light reflex,



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graph TD
    A[Core overstimulation] --> B[Hypothalamic excitation]
    B --> C[Postero-Medullary reticular formation]
    C --> D[Intermediate Lateral Cell Column]
    D --> E[Supra spinal gamma motor neurones]
    E --> F[Weakening on manual muscle testing and other non-visual responses to light]
    
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When light activates the melanopsin signaling system, the melanopsin-containing ganglion cells discharge nerve impulses, which are conducted through their axons to specific brain targets. These targets include the olivary pretectal nucleus (OPN) (a centre responsible for controlling the pupil of the eye) and, through the retinohypothalamic tract, the suprachiasmatic nucleus of the hypothalamus (the master pacemaker of circadian rhythms).^[10] Melanopsin-containing ganglion cells are thought to influence these targets by releasing from their axon terminals the neurotransmitters glutamate and pituitary adenylate cyclase activating polypeptide. Melanopsin-containing ganglion cells also receive input from rods and cones that modifies or adds to the input to these pathways.

The BLACK acetate.


When a person's vital energy is low they may not weaken to any of the three constitutional coloured acetates but weaken to the BLACK acetate. Black is not a colour but rather a total absence of any light wavelength. Placing the black acetate over the eyes thus inhibits any light from entering the brain via the eyes thus decreasing neurological activity and creating an inhibitory effect on any muscles tested.

Vital energy is otherwise known as vitality or life energy (in Ayurvedic medicine it is called prana and in Chinese medicine chi) and is different from biochemical energy generated in cellular mitochondria (ATP).

A low vital energy maybe caused by prolonged emotional stress, lack of daylight, nutritional deficiency or cranial faults.

Low vital energy decreases resistance to infectious diseases and promotes toxic build up. People may require medicinal intervention either herbal or pharmaceutical. A variety of techniques may be employed to increase low vitality when someone weakens to the BLACK acetate.

Light therapy using a light box for 15 minutes
 Mircon torch for 1 minute through the umbilicus.
 Cranial therapy
 Manipulation to the spine especially the upper cervicals
 Vital Energy Protector (VEP) spray Aromatherapy.



RED BODY TYPE

Morphology, RED body types have the thyroid gland as their primary co-ordinating hormonal gland. The thyroid hormones regulate metabolic rate so this body type has leanness as it's key feature. They are of average height, males 5ft 6in-2ft 5in (167cm-172cm), females around 5ft 5in to 5ft 7in (165cm-170cm). They have long thin bone structure which is evident especially in the hands with the fingers being long and straight but often with knuckles present in the finger joints. The nails are hard and half moons pronounced.

They have a lot of eye brow hair often meeting above the nose. Fine hair and small white teeth. They have a tendency to arthritis and skin problems.

The thyroid is stimulated by anything that raises blood glucose and thus they crave sweets, coffee, chocolate, juices and alcohol. They do best on an early to bed and early to the regime with breakfast being the most important meal of the day. Generally they do best on a high protein, moderate fat and low carbohydrate diet making them. They are natural carnivores. They should avoid broccoli as it contains elements that inhibit thyroid function.

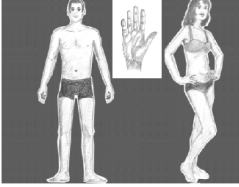
Health risks. Main one is cardiovascular due to their genetic enzyme defects. They have a tendency to high levels of homocysteine (a known cardiovascular risk factor), have the APOE4 lipoprotein allele which gives them poor removal of cholesterol fragments and elimination of toxic metals specifically aluminium, and a propensity to convert glucose into triglycerides and cholesterol as their thyroids become hypoactive

Spinning of the Krebs's Cycle depends upon thyroid hormones and the slower the energy cycle the more substrate is shunted into synthesising triglycerides and cholesterol. Ample intake of iodine is required not only for their thyroid glands but also their immune system and to balance their estradiol / estrone / estriol ratios.

Food intolerances. RED body types are generally intolerant to wheat products and in particular whole wheat flour products. This is probably due to being both reactive to the lectin in wheat bran and also to the rancid fatty acids present in non freshly milled wheat.

Emotions. Tend to have an uncondensed emotion of not feeling lovable. Need to enhance forgiveness.

Aromatherapy oils—Mandarin, Juniper, Sandalwood, Lemongrass, Rose absolute.



Diet. Breakfast most important meal of the day.
 High protein—red meat and fish
 Moderate fats
 Low carbohydrates
 Avoid whole wheat unless freshly milled. Better on white flour products and pasta.
 Avoid broccoli but cabbage ok.

Supplements

Vitamins	Minerals
Vitamin B2 (Riboflavin)	Iodine or Iodides
Vitamin B3 (Nicotinic acid)	Magnesium
Vitamin B6 (PPV)	Manganese
Folic acid	Molybdenum
Vitamin B12 (Methylcobalamin)	Selenium
Inositol and Choline	Silice
Vitamin C complex	Zinc

Should be taken 1-3 times a day with meals

Oils
 (Blend of Omega 3, 6 and 9 plant based oils)
 Flax seed oil
 Olive oil
 Hemp seed oil
 Pumpkin seed oil

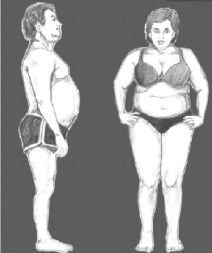
All oils must be organic, cold pressed and taken with the evening meal. Never cook with any of these oils.

Herbs and Spices

Coriander	Cumin
Oregano	Fenugreek
Rosemary	Ginger
Black walnut	Mace

Herbs and spices must be organic and taken as a beverage in hot water 1-3 times a day between meals.

Weight gain
 Due to decreased thyroid hormone production. Generalised fatty deposition all over but not forearms and lower legs. A tendency to thickening of the neck, coarse hair and loss of the lateral third of the eyebrows.



When either eyes express different colour challenges e.g. RED/GREEN or RED/BLUE or GREEN/RED or GREEN/BLUE or BLUE/RED or BLUE/GREEN.

Or if colour does not correspond to the ideal body build e.g. Tall person who weakens to BLUE.

1. Therapy Localise the Subconscious ESR on the greater wings of the sphenoid bone firstly left to right and then right to left.

2. Maintain positive Therapy Localisation and use MIRON light in umbilicus for 1 minute,

**The Body Clock
and
Alarm Points**

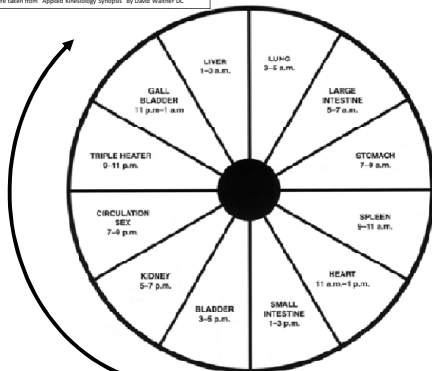
The Body Clock
Each meridian has a 2 hour period
when it has a greater energy than
at other times.

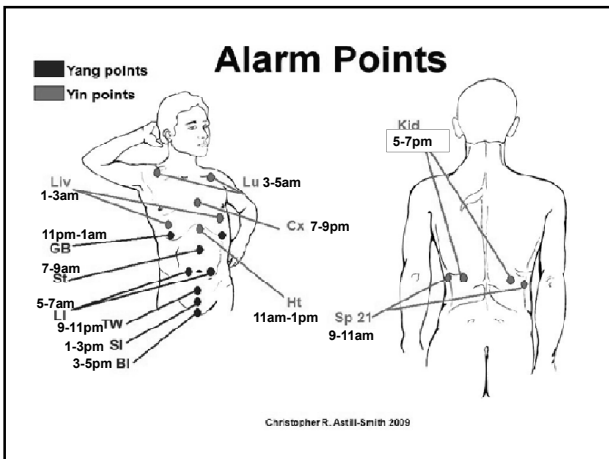
Large Intestine 5-7am
Stomach 7-9am
Spleen 9-11am
Heart 11am - 1pm
Small Intestine 1-3pm
Bladder 3-5pm
Kidney 5-7pm
Circulation sex 7-9pm
Triple Warmer 9-11pm
Gall Bladder 11pm-1am
Liver 1-3am
Lung 3-5am



Picture taken from "Applied Knowledge Synopsis" by David Walker DC

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NOW TIME
 These times are Standard time.
 Allow for 1 hour advancement during summer.

TO TEST THE NOW TIME
 Therapy localise the alarm point for the current (horory) meridian. A strong muscle should weaken. If it does not then the NOW TIME is not correct.

NOW TIME CORRECTION
 Right handed people therapy localise to the WON TIME point (the alarm point of the NOW TIME coupled meridian) and either the practitioner taps GV 20 or the patient taps GV 20 with their left hand fingers sixty times at 2 X a second.
 The reverse holds for truly left handed people.

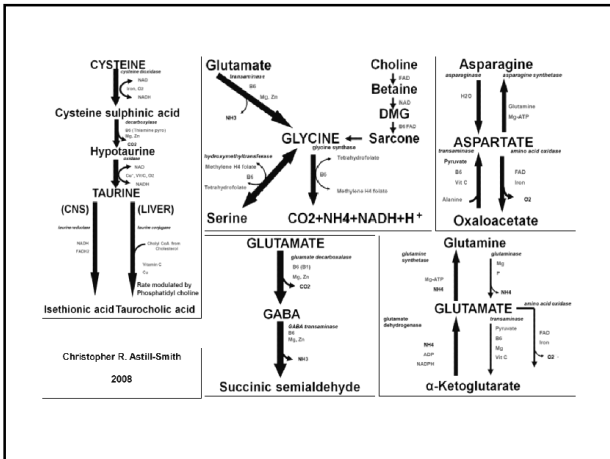
Diagnosing primary meridian imbalances using the Alarm Points.

- 1. Patient Therapy Localises Umbilicus with one hand.**
- 2. Cross Therapy Localise to each meridian alarm point starting at the Large Intestine.**
- 3. There will be 2 positive meridians**

**4. Eyes looking down will negate one of these meridians.
This is the meridian associated with a negative emotion (unconscious emotion).**



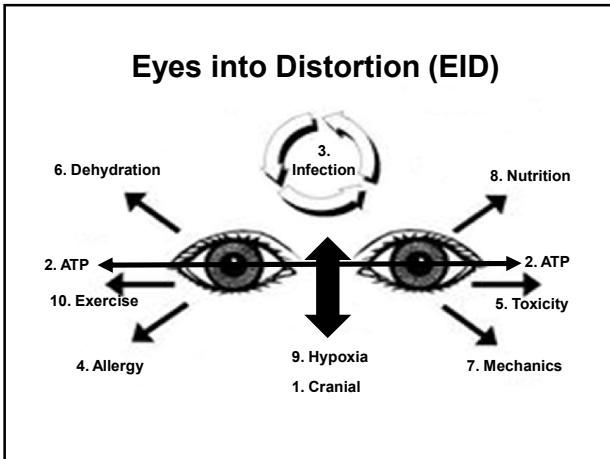
Beginning and Ending Points

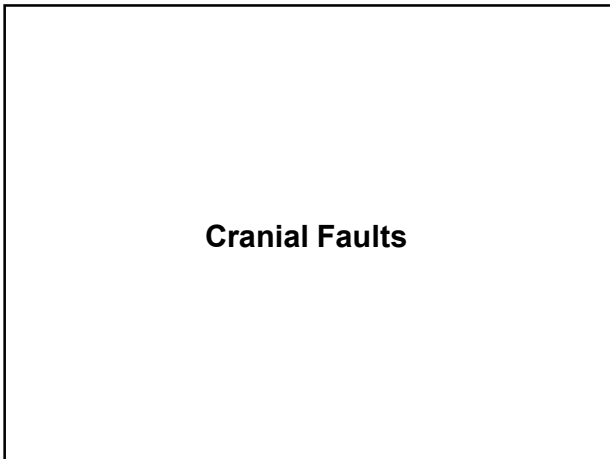


**Eyes into Distortion
(EID)**

Can be used

- 1. In the clear from strength to challenge for any weakening eye positions.**
- 2. From any positive TL thus from weakening to challenge for any strengthening eye positions.**
- 3. From primary meridian alarm point thus from weakening to challenge for any strengthening eye positions.**





Any weakness is negated by Deep Inspiration or Deep Expiration or both when there is a Compression. Treatment using TLT

1. Practitioner does spiral field stimulation before treatment.
2. Practitioner TL's both patient's eyes.
3. Practitioner TL's own eyes.
4. Practitioner occludes own jaw for 1 minute at 1hz

ATP

Weakening will be negated with challenging with Mg-ATP.

- 1. Challenge against DNA polymerase. If strengthens prescribe Zinc for DNA repair.**
- 2. Re-challenge eye position. If weakness returns challenge with nutritional composites e.g. Minerals, Vitamins, Fat soluble vitamins, Co-enzymes, Fatty acids, Probiotics.**

Infections
Challenge against
BACTERIA
ACUTE and POST VIRUS
FUNGUS
PARASITES **PROTOZOA**
 SPORAZOA
 NEMATODE
 TREMATODE
 CESTODE

Bacteria – Ginger
Ionic silver
Mannose
Thiamine / Silver

Virus – Ionic silver
Astragalus
Echinacea
Selenium
Immune WHY 600

Parasites – AP formula
Ginger
RED, GREEN, BLUE
Spice mixes

Coriander for cestodes
Cloves or nutmeg for nematodes
Trematodes require a direct
biochemical approach, rather than
a spice.

Fungi – Coconut oil
Coriander
Ginger
Other spices
Pau D'arco
AF Cream locally

Always check for Zinc

Allergy

Allergen something
Eaten
Drunk
Inhaled
Transdermal

Identify and remove from exposure.
Use Yarrow to supersede
challenge.

Toxins

Challenge against

**CHEMICALS
TOXIC METALS
RADIATION**

Toxins

**Chemicals - Black walnut
 Coriander spice
 NAC
 Lemon balm
 Rosemary
 Yarrow
 Other spices
 Charcoal**

Toxins

**Toxic metals – Black walnut
 Coriander herb
 Coriander spice
 Lemon balm
 Lipoic acid
 Yarrow
 Glutathione

Vitamin C for nickel
Epsom salt baths**

Toxins

Radiation - **Chlorella**
 Coriander spice
 Smart Vitamin C
 (Rutin)
 Turmeric
 Yarrow

Dehydration

1-2 litres per day
Ideally in glass bottles or titrate
into Miron Glass 1 litre bottles
Calcium / Magnesium ratio 2:1 or
less
Sodium < 20ppm
pH 7.4

Structure

1. Cervical spine
2. Thoracic spine
3. Diaphragm (TL Kid 22)
4. M/S joint
5. Sternoclavicular joint
6. Acromioclavicular joint
7. Ribs
8. Lumbar spine
9. Upper extremity
10. Lower extremity

Nutrition

Challenge with nutritional composites e.g. Minerals, Vitamins, Fat soluble vitamins, Co-enzymes, Fatty acids, Probiotics, Saccharides.

Re-challenge eye position. If weakness returns challenge with nutritional composites again and repeat until clear.

Hypoxia

Oxygen in the air

Alveolar membrane
Red blood cell membrane

Red blood cell

Red blood cell membrane
Tissue cell membrane

Tissue cell

Tissue cell mitochondrial membrane

Tissue cell mitochondria

Weakness negated with O2
Maybe due to
1. Phospholipid deficiency
2. Hemoglobin
3. Co-Q10

Patient Protocol for Hypoxia

From weakness patient strengthens to HYPOXIC eye position

Confirm using OXYGEN vial to strengthen

Challenge using following vials

PHOSPHOLIPIDS	HEMOGLOBIN	Co-ENZYME Q10
EPO, BSO , Borage	Adenosylcobalamin	Co-Q10 in oil
Black cumin	Zinc	
Flax , Chia	Magnesium	
Grape seed	CH2H4Folate	
Hazelnut, Hemp	H4Biotpterin	
Macademia	Biotin	
Olive, Coconut	P-5-P	
Peanut	Manganese	
Pumpkin	Vitamin C	
Super Omega 3	Lutein	
Walnut		
WGO		
