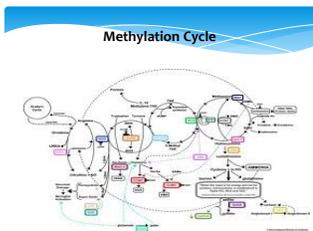


March 2013

LIVING WATERS MEDICAL SPA AND WELLNESS CENTER



Methylation: The Missing Link



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March Specials

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Do you or a family member suffer from Diabetes, High Blood Pressure, Autism, ADD, autoimmune disease, hypothyroidism, chronic fatigue, Alzheimer's dementia, mental illness, heart disease, or cancer? If so, he or she probably suffers from a methylation disruption. These and many other diseases have their roots in disruptions of the methylation process. After years of treating these diseases, I have finally found the common denominator that links them all and is the key to recovery! It is the methylated B vitamins.

What is Methylation?

Methylation is the process of attaching a methyl group (a carbon atom bonded to 3 hydrogen atoms) to a substrate. A substrate could be a vitamin, hormone, neurotransmitter (brain hormone), DNA, chemicals, nerves, etc. Methylation is involved in over 200 functions in our body. It turns genes on and off, processes chemicals and toxins, builds neurotransmitters (serotonin, dopamine, norepinephrine, epinephrine), builds the T-cell in our immune system, metabolizes estrogen, synthesizes DNA and RNA, creates energy in the mitochondria, and helps with myelination of

nerves (protective coating on the nerves). You can see that if the methylation cycle is malfunctioning then the body malfunctions in multiple ways.

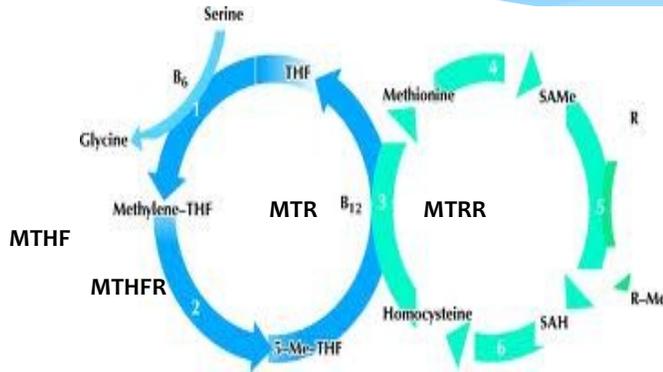
Genetic Disruptions of Methylation

There are several genetic defects associated with malfunctions in methylation. I have been testing some of my patients for the MTHFR gene for over 6 years. However, in the last year I have been testing everyone as I have found the prevalence of this gene to be present in at least 95% of my patients. The national average quoted is somewhere between 10 and 40%. Since I have begun testing and treating everyone very aggressively miracles have happened. Everyone is getting better from whatever symptoms they have.

MTHFR Gene

The MTHFR gene is methyltetrahydrofolate reductase. There are two variations: C677T and A1298C. You can have none to two copies of one or the other gene. You can also be mixed with a C and A gene. Obviously, having two genes is more serious than just one as the methylation cycle is more

Methylation Pathway Simplified



**Dopamine
Deficiency**

Disrupted. The MTHFR gene is responsible for methylating folic acid. This makes the folic acid you get in your diet an active fat-soluble form.

Neuro-Immune Disorders

The nervous and immune system are impenetrable except by fat soluble substances. Both require methylfolate to function properly. Your nervous and immune system essentially run your body. You can see why so many diseases are associated with this genetic defect. Fortunately, it is much simpler to treat the methylation problem than throwing so many drugs at symptoms. You are actually treating the root cause of the disease not just putting a bandaid on it. Overall, almost all with this defect will have fluctuating symptoms associated with transient inflammation; dopamine deficiency which causes brain fog/cognitive dysfunction, short-term memory loss, difficulty concentrating; fatigue; and immune system dysfunction which ultimately can lead to cancer.

Diagnosis

There are four basic areas that are affected clinically: energy production or mitochondrial weakness, cell growth and regulation (DNA and RNA), the immune system, and neurotransmitter production and synchronization. Diagnosis and treatment are directed to these particular areas. Depending on a person's symptoms a work-up will consist of testing for the MTHFR gene, B12 and folate levels, an analysis of intestinal function with a comprehensive stool analysis, an assessment of the immune system, hormonal analysis to include thyroid function, urine neurotransmitter levels, a nutritional analysis, and testing for heavy metals.

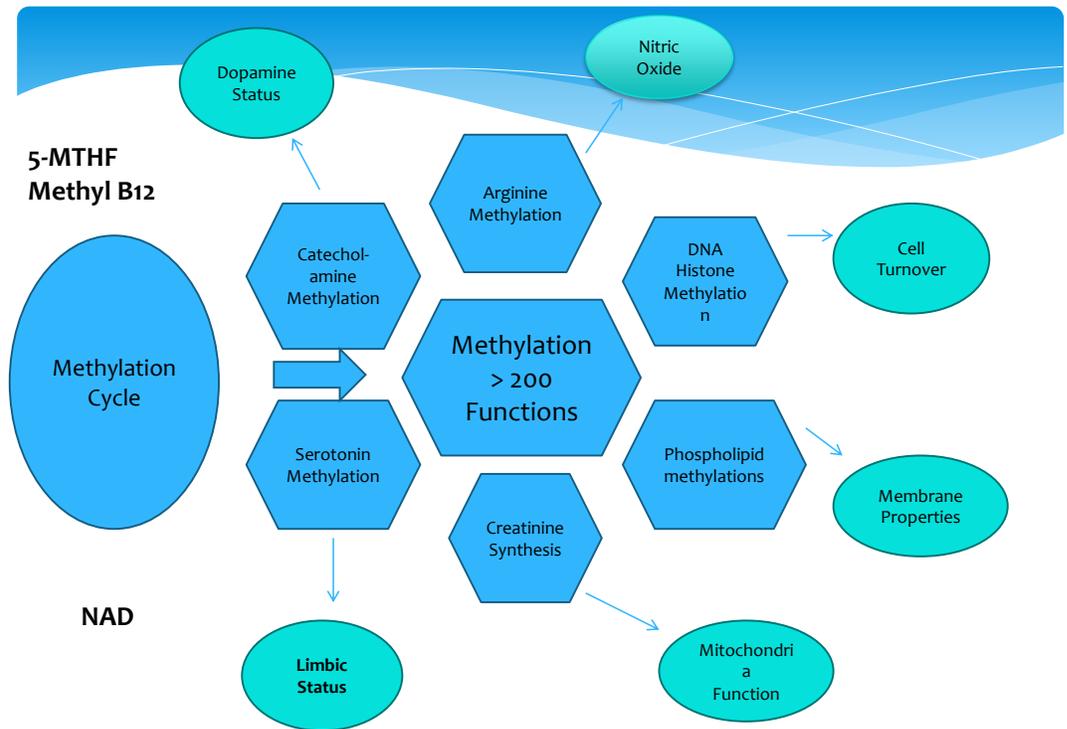
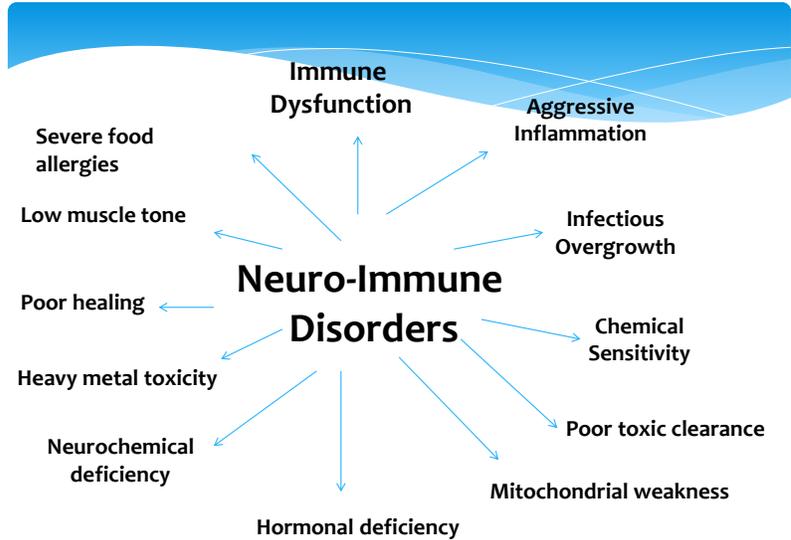
Treatment

Treatment is directed at flooding the body with methyl groups; treating infections and inflammation; correcting nutritional deficiencies; detoxifying the body, especially for heavy metals; restoring neurotransmitters especially dopamine; and restoring mitochondrial energy

- Severe Allergies**
- Food Sensitivities**
- Immune Dysfunction**
- Autoimmune Disease**
- Fatigue**

production. In my practice, I have found that methyl B12 shots and methylfolate given orally are the foundation for recovery. They need to be given in high doses to supply the necessary methyl groups to run your reactions in your body. In addition other supplements will need to be taken to support the mitochondria (energy producers in the body.) Treatment will be tailored to individual needs and genetic testing results.

Methyl B12 Methyl folate



Diseases Associated with Defective Methylation

Not Exhaustive, complete list

- *Diabetes**
- *Cancer**
- *Pulmonary embolisms**
- *Cleft palate**
- *Spina Bifida**
- *Autism**
- *Parkinson's**
- *Neural Tube Defects**
- *Atherosclerosis**
- *Immune Deficiency**
- *ADD/ADHD**
- *Multiple Sclerosis**
- *Alzheimer's**
- *Dementia**
- *Chemical Sensitivity**
- *Congenital Heart Defects**
- *Fibromyalgia**
- *Chronic Fatigue Syndrome**
- *Depression**
- *Alcoholism**
- *Addictive Behaviors**
- *Insomnia**
- *Down's Syndrome**
- *Chronic Viral Infection**
- *Thyroid Dysfunction**
- *Neuropathy**
- *Recurrent Miscarriages**
- *Infertility**
- *Anxiety**
- *Schizophrenia**
- *Bipolar**
- *Allergies**
- Migraines**



John 4: 13-14 Jesus said to her, "Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.

www.viglionemd.com

It is our goal to fully individualize treatment for all of our patients. I do not believe in the "one size fits all" philosophy of medicine. Each person is unique with his/her own genetics and environmental exposure. My goal is to find the root cause of each illness and address it with nutritional therapy, and detoxification to allow the body to heal itself. I do use drug therapy when needed. It is my goal to help each of my patients restore their health and to delay and reverse to some extent the aging process.

Deborah D. Viglione, MD

Board Certified in Internal Medicine and in Anti-aging Medicine

Did you know? Dr. Viglione is one of 700 board certified in anti-aging medicine? She is one of sixteen who is fellowship certified in Stem Cell Medicine after completing the first ever stem cell fellowship in the World!

Weight Loss

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-Hormonal Testing

-Vitamin/Herbal

Supplements

Far Infrared Sauna Therapy

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