



Contact Us

If you would like to become an AONH Member, upgrade to the Elite Membership, or register for our Annual Natural Health Care Conference, please email:

info@aonh.org or call
202-505-AONH (2664)

Upcoming Events

• AONH Monthly Webinars

Wed, May 25, 2016 at 8 pm EST/7 pm CST

Loran Swensen, CEO of INNERgy Development, will educate us on “Taking healing to the next level with A/O Analyzer technology” AONH members will receive an email invitation to join us for the AONH monthly webinar.

• SPECIAL COURSES

Fri/Sat, August 26-27, 2016, Bremen, GA

“Vital System Auto-Immune Advanced Testing Seminar” taught by Jeffrey Essen, NMD
To register: make a phone appointment on www.wholelifeclinic.com

Sun, August 28, 2016, Bremen, GA

“The NATALiA. Method of Emotional Releasing” taught by Natalia Nanette Brown, CVP.
To register: natalianannette@charter.net

• SPECIAL EVENTS

AONH Annual Natural Health Care Conference, “Achieving Balance & Restoring Health,” October 13-15, 2016

The AONH Annual Conference joins health care advocates and providers for an enlightening program geared to keep natural health care practitioners up to date. You may register for either the full 3 day conference or the Thursday night seminar (public) by contacting us at info@aonh.org, or calling 202-505-AONH. Visit www.aonh.org for more information.



Jeffrey Essen, NMD



Natalia N. Brown



“Amazon John” Easterling will be opening the AONH annual conference

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AONH NEWS

The Mission of Your Association

AONH is dedicated to public education and the professional development of natural health care around the world. Our aim is to unite our like minded members and speak as one voice and with one purpose.

Getting Involved

Associate, Select, and Elite Memberships are available.

For further information on benefits you or your company can receive, please register for membership by visiting: www.aonh.org



this issue

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Dealing with the decoding of the human genome

Researchers, geneticists and science geeks were thrilled with the discovery that the human genome could be decoded back in the 90's. However, the average Joe had no clue as to the health benefits this scientific break-through would mean for them.

Because of this scientific discovery, researchers and scientists have been able to uncover answers to questions about diseases that affect our lives on a daily basis. As more genetic data became available, researchers were able to connect the dots between genes, genetic expression and how it affected individuals.

Genetic Mutation. SNP's. Methylation. MTHFR.

If you haven't been on a remote island devoid of internet access for the past couple of years, it's a sure bet that you've had some exposure to questions from people interested in their genetic profile and how it



affects their health.

Understanding one's genetic predisposition to certain conditions can be a motivating factor to implementing healthy lifestyle choices. In fact, lifestyle choices such as nutrition, exercise, sleep hygiene and stress management are powerful mitigating factors that are all within the control of the individual to minimize negative or adverse gene expression. As an alternative health practitioner, this is great news! Barring a trauma or environmental expo-



108 Buchanan St. N.
Bremen, GA 30110
ph 202-505-AONH
info@aonh.org
www.aonh.org



HOW DO YOU JOIN THE AONH?

Act today!

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or call
202-505-AONH
(2664)

Your membership is yearly and entitles you to many benefits.

PRINCIPALS

Sam Abukittah
Founder &
President

James Hawver,
Co-Founder

sure, what we teach and model has the greatest impact on a patient's health!

While the company 23andme.com restructured their services in 2015 to comply with FDA standards, they are still doing a brisk business with people who wish to have a 'genetic blueprint' of their health. Armed with information from 23andme.com, an individual can upload their genetic information and get a report indicating specific genes with mutations. With this genetic data, they can research their potential health concerns.

It is important to understand that just because an individual has a problematic genetic mutation, it doesn't mean that the gene will express negatively. Proper care and a healthy lifestyle, will actually mitigate negative cell expression. In fact, this information becomes an educational tool or resource for implementing healthy lifestyle habits, and a motivating factor for increased patient compliance with a comprehensive health protocol.

Currently, the MTHFR mutation is a high profile topic in alternative health circles, because of the effect it has on so many metabolic processes. While it can sound pretty scary to hear 'genetic mutation' in reference to oneself, it helps to allay the fear mongering when one understands that MTHFR mutation is fairly common, with approximately 70% of the population having at least one mutation of this gene.

From PureGenomics (puregenomics.com), we've learned that there are, in fact, eight 'problematic' genes (<http://puregenomics.com/methylationsnppage.aspx>), with real life effects that can sound as benign as 'potential B12 depletion' or 'slower regeneration of B12' to the more alarming 'reduced detoxification of catecholamine and estrogen.' A sobering fact is that the MTHFR mutation is associated with many of the following conditions:

- Many psychiatric illnesses (depression, anxiety, PTSD, ADD, bipolar, etc.)
- Cardiovascular disease (heart attacks, strokes)
- Blood clots, deep vein thrombosis
- Obesity
- Fatigue
- Irritable bowel syndrome
- Auto-immune conditions (Hashimoto's thyroiditis, lupus)
- PCOS, miscarriages

And that's just one gene.

So, what is a health conscious person to do?

As a functional or alternative health practitioner, how do we provide resources to our patients in light of this emerging body of scientific data? We do what we've always done, and the AONH promotes:

- We provide education and resources to our patients in order for them to be their healthiest selves possible.
- We take the whole and individual picture of the patient into consideration for any nutritional or herbal supplementation recommendations.

More specifically, as a practitioner, it is important to educate yourself about the various problematic genetic mutations and how they may affect an individual. For example, while it is important that all supplements recommended to patients are of the highest quality, with natural ingredients; for clients with a genetic disposition to under or over-methylation, it is crucial that we only recommend methylated B vitamins, instead of folic acid or synthetics, as well as supplements which support methylation pathways.

Another resource/tool is applied kinesiology or electro-dermal screening. Through



this technology patients can rest assured recommended supplements are beneficial for them.

With this new genetic information available to us as individuals and practitioners, how does it affect homeopathic practice or how does it correlate with homeo-

pathic practice?

Samuel Hahnemann was a visionary truly ahead of his time. The scientific discoveries associated with the decoding of the human genome underscore the importance of providing support for a patient's/client's bioindividuality, rather than a generic model of care.

Bioindividual health care provides nutritional support and homeopathic remedies specific to the biology of the individual (i.e., bioindividuality). The symptoms presented by an individual are because of the underlying dysfunction or genetics of the individual. Therefore, homeopathic remedies will address the genetic expression causing symptoms.

This is the essence of homeopathy. The first law of homeopathy is the Law of Similars ('similia similibus curentur') or 'let like be cured by like.' Simply, a homeopathic remedy must match the 'picture' of the individual. This is truly bioindividual health care.

While nutritional supplements are necessary to provide support to the body systems, homeopathic remedies address the dysfunction on a deep energetic level, literally stimulating the body to heal and support homeostasis. As an alternative health practitioner, you can be confident that genetic information can be incorporated into complementary, holistic protocols.

Sources

- <http://puregenomics.com/methylation-snppage.aspx>
- <http://ausfp.com/top-5-frequently-asked-questions-mthfr/>
- <http://www.ncbi.nlm.nih.gov/books/NBK6561/>
- www.mthfr.net
- <http://mthfrliving.com/mthfr-health-resources/>
- <http://www.beyondmthfr.com/>

AONH Annual Natural Healthcare Conference Achieving Balance & Restoring Health, October 13-15, 2016

If you are profoundly interested in natural health care you **NEED** to be at this year's AONH annual event in Douglasville, GA! Complementary health industry leaders will educate and inspire us with a meaty program starting Thursday night (October 13) with "Amazon John" Easterling's fascinating presentation on "Rainforest Botanicals for Radiant Health Clinical Applications and Everyday Use"

Full conference details and registration info:
<http://www.aonh.org/Home/Conferences>

