

Bristlecone Med-fitness

"Damaging truth, I prefer it to advantageous error. Truth heals the pain which perhaps it evokes." -Goethe

Crack Your Genetic Code & Stop Being a Victim of Your Genes!

THE WAR WITHIN

70 million Americans struggle with arthritis (1 in 3 people), twice as many as 20 years ago...20 million Americans have asthma, 50 million suffer from allergies (doubling over last 20 years), there has been a 100% increase in hay fever...cardiovascular disease is the #1 killer, 64 million Americans have heart disease of some form... 15 million people are afflicted with eczema/psoriasis...and, over 1 million Americans have inflammatory bowel disease. (Floyd Chilton, Ph.D., Win the War Within.)

This is not a random list of conditions; all of these diseases share a single underlying cause...*systemic inflammation*. At **BRISTLCONE** our mission is in developing deep roots to health & wellness. We recognize...*the deeper the roots, the higher the reach!*

KEYBOARD IS KEY!

The roots of internal inflammation are the deepest hormonal roots of the body. We're not discussing overt swelling like puffy ankles or glands, this is swelling on the inside...silent swelling! This internal inflammation starts at the **autocrine system**. This system is a base level hormonal system; it is responsible for the hormone communication at the cellular level. It is very basic, yet extremely important. When you pop an aspirin for pain or swelling, you are blocking the tiny pain hormones within this system!

The **endocrine system** is the larger more complex system of hormones. It includes the metabolic & sex hormones such as insulin, estrogen & testosterone. This system is very complex much like the internet; hormones are sent by organs, and received by receptor sites on the cells. *If the endocrine system is like the internet, then the autocrine system is like the keyboard.* The keyboard is necessary to gain access to the internet!

A concerted effort needs to be made to balance these tiny autocrine hormones.

GOOD GUY/BAD GUY

The autocrine system consists of the essential fatty acids (EFA) categorized as either omega 3's (EPA & DHA) or omega 6's (AA, DGLA, GLA) these EFA control the small hormones, on the cell membrane, called **eicosanoids**. And, these small hormones, that live for only fractions of seconds, control inflammation in the whole body! **WOW!**

From the omega 6 comes AA; from AA comes all the pro-inflammatory hormones that cause many of the aforementioned chronic & degenerative diseases. **We might say AA is the real "bad guy" in this drama of disease.** From the omega 3 comes EPA; EPA is a neutralizer of hormones. It is powerful to inhibit the formation of AA. EPA also dilutes out AA's presence in the cell membrane making it more difficult to make the pro-inflammation hormones. *EPA is the true "good guy."*

"The balance of these essential fatty acids in the blood will tell your future with laser like precision." (Dr. Sears, The Zone.)

"50% of Americans suffer from an inflammatory disease!" Dr. Chilton

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WHAT'S YOUR NUMBER?

The other fatty acids, DHA, DGLA & GLA, each play a supporting role depending on who has the lead...AA or EPA. It is the ratio of these two essential fatty acids in the blood that tells the full story.

The true scientific marker for silent inflammation is the AA:EPA ratio. If it is greater than 10 you have a problem regardless of how good you may look or feel. A good ratio would be 3; ideal is 1.5. *How are these ranges documented?* Healthy ranges were established by examining the longest lived people in the world, with the longest health span & lowest rates of heart disease...*The Japanese!*

The blood profile of the Japanese population has AA:EPA ratios ranging from 1.5 to 3! For comparison, the average "healthy" American has an AA:EPA ratio greater than 12! This means Americans are not only the fattest people in the world today, but also the most inflamed! If you struggle with a chronic condition, then it is likely that your AA:EPA ratio is greater than 20. *The AA:EPA ratio is an actual measure of the inflammation potential of your cells.* The higher the ratio, the greater the amount of silent inflammation. **This means you will age faster & lose your wellness more rapidly!**

IS IT YOUR GENES OR JEANS?

Why are the AA levels of Americans so high?

Genetics & diet are the two primary culprits. We all know of the elite marathon runner who drops over dead from a heart attack. Everyone believed he was a picture of health, but on the inside he had severe, silent inflammation. This is a genetic predisposition to high circulating levels of AA! More common however, is the type II diabetic, the pre-diabetic with a fasting glucose of 129, the apple shaped lady or pear shaped man. These individuals may have a genetic weakness toward inflammation, but poor diet is key. The omega 6's are found in all grain products...bread, cereal, crackers.

TAKE THE TEST!

Since the American diet is saturated with carbs & processed foods, we actually eat an excess of omega 6's. This creates a spillover of AA. Combine that with the low % of omega 3's ingested from foods like fish, nuts & olives, it produces an extremely high AA:EPA ratio! Yes, eating more fish will help, but with toxicity, eating enough fish is almost impossible. The average American needs approximately 1500 mg of EPA daily to balance the AA; people with chronic inflammation may need 3-4 times as much. *This is a lot of fish oil capsules!*

The best & most efficient, cost effective way to supplement EPA is through highly refined liquid fish oil...1 TBSP/day. However, we are very excited to introduce a new, cutting edge AA:EPA ratio test. It is a simple finger prick, but the results give you a full analysis of the fatty acids in your blood. ***Testing your AA:EPA ratio is the best place to begin in determining adequate fish oil supplementation.*** Ask for more details!

Good Luck!
~ ~ Kelly & Julie ~ ~