

Genetics 101: The Secrets Your DNA Holds

Thanks to new advances in technology, a simple saliva test today can measure 602,000 pieces of your DNA. This is an important development because **everyone has some level of genetic variation in their DNA**, even though it was once thought to be a rare occurrence. Because variants can impact your ability to make and use different nutrients critical for circulatory, immune and even emotional health, everyone is susceptible, in their own unique way.

Why do these variations occur?

Genes are passed from parent to child—one copy from the mother and one copy from the father—with each and every cell containing a set of genetic instructions. When an existing cell divides to make a new cell, it copies its set of genetic instructions. However, sometimes these instructions are copied incorrectly, like a typo, which leads to variations in the DNA sequence. This is called a single nucleotide polymorphism or SNP (pronounced “snip”). Most SNPs do not cause any observable differences. But the location and total number of SNPs a person has may influence their susceptibility to health issues or impact how they react to certain drugs or even specific foods.

The practice of naturopathy is on the rise. You no longer have to treat symptom after symptom—now Tree of Life Health Ministries can help to nutritionally support you based upon your own unique genetics.

Understanding how DNA impacts human health is revolutionizing the future of nutrition. This practical, forward-looking approach of supporting genetic variants with nutritional supplementation is based on scientific evidence. And with this approach, Tree of Life Health Ministries is helping find answers that were not available before.

Ask us today about doing a simple saliva test to see if your DNA is hindering your health.



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Your health issues might be related to a hiding gorilla and his unwelcome “friends.”



Get to know your DNA!™

The new scientific approach to optimizing wellness through nutrition

Tree of Life

Naturopathy...

A New Approach to Wellness

With the advancement of DNA testing and measuring, a new approach to wellness is emerging. Naturopathy focuses on finding underlying nutritional deficiencies.

At Tree of Life Health Ministries, we specialize in nutritional genetic testing and support. By employing scientific studies, our research team is on the cutting edge of gene research. Our research team has implicated the presence of **free radicals and oxidative stress as the root cause of health challenges.**

These free radicals are superoxide and peroxynitrite—basically the “gorilla” that’s causing you problems. And there are other unwelcome friends too, including the damaging agents glutamate, histamine and ammonia. Your body naturally produces all four of these agents, but genetic variations can cause you to have too much of them. When out of balance, they can cause cellular damage, inflammation and the formation of toxins, leading to slower rebuilding and repair of cells and ultimately faster aging.

To compensate for these free radicals, your body makes **antioxidants**, such as superoxide dismutase, catalase and glutathione, and uses folate to rebuild and repair

damaged cells. **But your inherited genetic issues may inhibit you from making enough antioxidants, cause you to produce too many oxidants, and suppress your ability to create enough folate for cell repair, which can negatively impact your health.**

Now through genetic saliva testing, we can measure your ability to make and use enzymes that are critical components of your health, including:

- GLUTATHIONE** – detoxifies the body and controls inflammation
- SOD** – neutralizes the superoxide free radical
- BH4** – supports the neurotransmitters and helps the body detox ammonia
- NEUROTRANSMITTERS** – aids emotional health
- CHOLINE** – enhances liver health
- FOLATE** – stimulates cell and neurotransmitter health
- SAMe** – supports many bodily functions
- B12** – makes blood cells and supports a healthy nervous system

When in balance, these enzymes can control free radicals, keep your cells healthy, and rebuild new cells effectively. As a result, you may look and feel younger and remain healthy and vibrant as you age. **You’re never too young or old to optimize your nutritional and antioxidant status.**

your missing nutrients and antioxidants, or use nutrients to aid in the production of needed enzymes to ultimately reduce damaging oxidants and support healthy cells.

This forward-looking approach is gaining momentum in the health care industry. In fact, supporting BH4 and glutathione production with a nutrient called NADH has been hailed by Harvard Medical as the first “anti-aging nutrient.”

Harnessing Your DNA for Optimal Health

If you’ve been searching for answers to build your health, testing your DNA should be the next step. People who understand health recognize genetic testing as the most advanced and effective method of determining exactly what nutritional supplementation you require.

Using the results of your saliva test, the Tree of Life team will identify your nutritional weaknesses and create your custom nutritional protocol. This protocol will supplement

To fully understand how your DNA impacts your health, visit www.tolhealth.com and watch the recorded lecture, “MethylGenetic Nutrition – Breaking the Genetic Code,” that is posted on the home page or visit www.GettoKnowYourDNA.com for introductory videos and articles.

Tree of Life Health Ministries offers naturopathic and natural health consulting. Naturopaths are not licensed medical doctors, and therefore do not diagnose or treat disease. Rather, we support the body nutritionally, so that the body comes in to balance on its own. Our natural health consultants can help you understand your DNA test results.



ROBERT MILLER, CTN

Bob Miller has served as a Certified Traditional Naturopath for 20 years. The founder of Tree of Life Health Ministries, he has spent the last several years engaged almost exclusively with genetic variants and research. Recognizing that there was not a nutritional supplement line on the market comprehensive enough to address all of the possible genetic variants, he began working with a national company to formulate nutritional supplement products exclusively for health care providers. Bob also lectures at nationwide seminars to educate physicians and health care practitioners about genetic variants and nutritional supplementation for achieving optimal health.