The Perfect Diet for Your Health

Dr. Neil McKinney, BSc, ND
Integrative Medicine for Life

• The Apo-E Gene Diet™ is a wholistic program of diet, exercise and mind-body practices for the treatment or prevention of chronic diseases.

• The *Perfect Gene Diet™* program was created by Pamela McDonald, Nurse Practitioner. She completed a 2 year Fellowship in Integrative Medicine with Andrew Weil, MD, in addition to decades of practice and study in Nursing and Preventative Medicine.
Feeding Your Genes

Genes are your inherited collection of biochemical skills. Which genes are active and productive depends on the demands of life we must adapt to, and the resources – nutrients! – available to express the genetic information.
Food Is Life-Giving

• Proteins – Growth & Repair:
• Carbohydrates – Short Term Fuel™, regulated by Fibre
• Fats – Long term Fuel™, Anti-inflammatory
Apo-Lipoprotein E genetic analysis reveals 6 different biochemical types of human being.

<table>
<thead>
<tr>
<th>Genotype Variant</th>
<th>APO E 2</th>
<th>APO E 3</th>
<th>APO E 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>2/2 (1%)</td>
<td>2/3 (10%)</td>
<td>3/3 (64%)</td>
<td>4/2 (2%)</td>
</tr>
<tr>
<td>2/3 (10%)</td>
<td></td>
<td></td>
<td>4/3 (18%)</td>
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<td>4/4 (5%)</td>
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</tbody>
</table>

Macronutrients vary for each genotype

**FAT** – **CARBOHYDRATE** – **PROTEIN** – **CALORIES**
Epigenetics

- Genes are inherited. A gene can be locked down, or open and ready to read. It can have variants which make cell functions run at various speeds. What is running your body right now is not your genes, but your epigenetic regulatory proteins, fats and starches. Your entire being`s health and balance flow from nutrition and lifestyle patterns interacting with your particular biochemical patterns.
APO-E is a Key to Health

• Your Apo-Lipoprotein E gene determines your ability to detoxify, regulate blood fats, and repair blood vessels.

• This impacts your risk of Cancer, Heart Disease, Stroke, Aneurysm, Alzheimer`s Dementia, Parkinson`s Disease, Macular Degeneration, and Multiple Sclerosis.
Artery Wall Disease Progression

Artery Disease Develops From A Gene Unsupportive Environmental (GUE

Healthy Artery | Beginning Fat Deposit | Moderate Calcium | Unstable Calcium | Blood Clot | Heart Attack | Artery 90% Blocked

Fatty Streaks | Small Lipid Deposits | White Blood Cells | Platelets & Fibrin

Artery wall disease progression – over exposure to LDL with poor artery cleaning ability from low HDL
What Your Doctor Tests

• TC – Total cholesterol
• LDL – `bad` cholesterol
• HDL - `good` cholesterol
• TG – Triglycerides
• These only detect 20% of cardiovascular risk!
  Many suffer & even die from CVD without ever knowing they were at risk due to cholesterol sub-
  fractions, homocysteine, insulin dysfunction, fibrinogen, poor vitamin D status and more.
Blood Fats, their Apo Carriers, and Your Health

The bad ones -

• LDL III-a and III-b: can trigger arterial plaque
• LDL-IV-b: penetrates & damages arteries
• Apo-B: small, numerous, dangerous irritant
• Lp-PLA-2: acute stroke & heart attack risk
• Triglycerides: internal feeding if skipped meals

Versus the good -

• HDL 2b: arterial cleaner
LDL ApoE gene unsupportive environment (GUE) -
- Small LDL
- Pattern B
- High Insulin

LDL ApoE gene supportive environment (GSE) -
- Large LDL
- Pattern A

oxidation

- Rapid LDL Entry
- Poor Artery Relaxation
<table>
<thead>
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<tr>
<td></td>
<td>2/2</td>
<td>2/3</td>
<td>3/3</td>
</tr>
<tr>
<td>Incidence Of Gene Expression</td>
<td>1%</td>
<td>10%</td>
<td>60%</td>
</tr>
<tr>
<td>Genetic Base Pairs 112 and 158</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TGC/TGC (Cys/Cys)</td>
<td>TGC/TGC (Cys/Cys)</td>
<td>TGC/TGC (Cys/Arg)</td>
<td>CGC/CGC (Arg/Arg)</td>
</tr>
<tr>
<td>Toxic Clearance</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Very High Clearance</td>
<td>Moderately High Clearance</td>
<td>Moderate Clearance</td>
<td>Moderate Clearance</td>
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<tr>
<td>Gene Supportive Environment (GSE) Diet</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Very High Fat No Processed Carbohydrate</td>
<td>High Fat No Processed Carbohydrate</td>
<td>Moderate Fat</td>
<td>Moderate Fat Strict Limitations</td>
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<tr>
<td>Alcohol</td>
<td></td>
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<tr>
<td>Benefit with normal triglycerides—has been shown to increase HDL</td>
<td>Increases LDL</td>
<td>Strong recommendation to avoid All Alcohol Increases LDL and decreases HDL</td>
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<tr>
<td>High Fiber Diet</td>
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<tr>
<td>Whole Soy Food Plant Sterols (e.g. Avocado)</td>
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<tr>
<td>Optimal servings of these foods reduce LDL cholesterol in all genotypes</td>
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<td></td>
<td></td>
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<tr>
<td>Omega 3 Supplement</td>
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<td></td>
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<tr>
<td>Decreases triglycerides, small dense LDL and increases HDL</td>
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<td></td>
</tr>
<tr>
<td>Exercise maintains a Gene Supportive Environment (GSE)*</td>
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<tr>
<td>55% Aerobic 45% Anaerobic</td>
<td>55% Aerobic 45% Anaerobic</td>
<td>50% Aerobic 50% Anaerobic</td>
<td>50% Aerobic 50% Anaerobic</td>
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Achieving the Perfect Diet

• Healthy food choices
• Reading nutritional labels
• Healthy food exchanges
• Understanding the Glycemic Index
• Anti-inflammatory foods
• Healthy shopping list
• Menus, recipes
A Complete Exercise Program

A normal blood sugar is recommended for optimal exercise benefit. To obtain a normal blood sugar for optimal exercise fueling - consider eating a balance meal containing all food groups protein, fat and carbohydrate within 30 – 90 minutes before exercise.

A typical complete exercise session
Aerobic exercise prescription vary with individual Apo E Genotype and current patient exercise ability.

- Slowly begin aerobic exercise
- Warm-up stretch
- Increase heart rate
- Maintain high aerobic exercise
- Maintain heart rate for 30-minute minimum (review the recommended heart rate for your APO E genotype)
- Slow aerobic exercise
- Cool-down stretch
- Decrease heart rate
ApoE Gene Diet Program

- Complete diet prescription by gene type
- Body composition and blood testing, physical examination by a licensed physician.
- Extensive personal dietary counselling: caloric limits, food exchanges, menus, shopping list, reading labels, recipes.
- Food diaries, food supplements.
- Progressive exercise regimen with daily log.
- Integrative mind-body-spirit practices.
Integrative Supports for Perfect Health

- Mindful breathing
- Journaling
- Reiki healing
- Stress management
- Relaxation skills
- Life goals assessment
- Spirit—dimensions of meaningful existence
Usui Universal Spiritual Energy Healing Method

霊気
Reiki
USUI SHIKI RYOHO
The Perfect Gene Support Team

Talia Ripley, RNCP

• Registered Nutrition Consulting Practitioner

• Personal Trainer

• Complete diet and exercise prescription for health and healing.
Lynda McKinney

- Reiki Master – Authentic Japanese Art of Reiki

- Reiki Master Teacher

- Ceremonies for Healing, Joining Together and Releasing.
Dr. Neil McKinney, BSc, ND

• Professor of Naturopathic Oncology

• Clinical practice of integrative medicine for 27+ years

• Licensed provider of the Apo-E Gene program.

Vital Victoria
www.drneilmckinney.ca