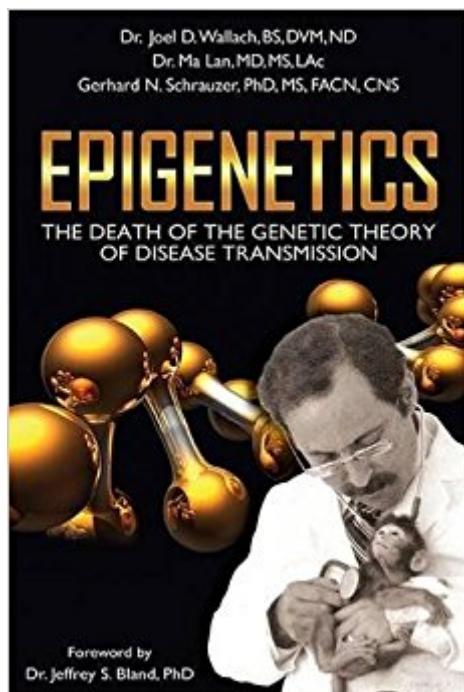


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# Epigenetics: The Death Of The Genetic Theory Of Disease Transmission



## Synopsis

WHAT IS EPIGENETICS? Epigenetics is an emerging field of science that studies alterations in gene expression caused by factors other than changes in the DNA sequence. Epigenetics: The Death of the Genetic Theory of Disease Transmission is the result of decades of research and its findings that could be as critical to our understanding of human health as Pasteur's research in bacteriology. Dr. Joel Wallach has dedicated his life work to identifying connections between certain nutritional deficiencies and a range of maladies, formerly thought to be hereditary, including Cystic Fibrosis and Muscular Dystrophy. This nexus between nutrition and so-called genetic disease has been observed in both humans and primates, and it is the central theme of Epigenetics. To bring us Epigenetics, Wallach has teamed with noted scholars Dr. Ma Lan and Dr. Gerhard N. Schrauzer. Their collective expertise gives this book its far reaching perspective. Epigenetics is of vital importance to anyone who wants real knowledge about how the human body functions, and it provides a path for better health. Epigenetics dispels the dogma and misinformation propagated by medical institutions and doctors resistant to change. Epigenetics is the beginning of a new era of well-being on this planet.

## Book Information

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## Customer Reviews

Dr Wallach was born and raised in Missouri , attended the University of Missouri, where he received a Bachelor's degree in Science of Agriculture. Dr. Wallach 's research has resulted in the publication of more than 70 peer review and refereed journal articles in the fields of nutrition and

pharmaceutical research, and he has made major contributions to eight multi-authored text and reference books on these subjects. Dr. Ma Lan was educated in the Peoples Republic of China. Dr. Ma Lan received her M.D. from Beijing Medical University, took her residency in Peoples Hospital, Beijing and was a staff surgeon at the Canton Air Force Hospitals for eight years; she received her M.S. (Master of Science) in transplant immunology from Zhong-Shan Medical University, Canton, Peoples Republic of China. As with all Chinese doctors, Dr. Ma Lan is also trained in Traditional Chinese Medicine. Dr. Schrauzer is Professor Emeritus (UCSD), researcher, inventor, and author. He is the Director of the San Diego-based Biological Trace Element Research Institute. Gerhard N. Schrauzer studied chemistry at the University of Munich, where he received Ph.D. degree with summa cum laude in 1956 and became a member of its Science Faculty in 1963. He came to the United States in 1964 and in 1966 accepted a position as Full Professor at the University of California, San Diego.

If I could only own one book, it would have to be Epigenetics by Dr Joel Wallach DVM ND, his wife Dr. Ma Lan MD OMD and the Biomedical Nutritionist Dr. Gerhard Schrauzer PhD (who unfortunately passed away 5 months after Epigenetics was published in 2014...) You may ask "Why?" It's simple - the information contained within is worth its weight in gold. Epigenetics should be read by every medical professional, every pet professional, every parent and most importantly by everyone who owns a human body. Epigenetics shines light in the dark recesses of the Big Pharma deception - that many "chronic illnesses" that we take for granted today are actually a result of common nutritional deficiencies. Since Medical Professionals rarely take a course in basic Nutrition 101 in medical school, how can they be expected to understand even the very basic of "diseases of yesteryear" such as Beriberi, Rickets, Scurvy or Pellagra? (deficiencies of Vitamin B1 - Thiamin, D, C and B3 - Niacin respectively.. though D is mislabeled as a vitamin when it is truly a hormone!) Folate deficiency results in abnormally large red blood cells... could this be contributing to the seeming pandemic of circulatory issues particularly in the micro blood vessels? (Folic Acid is synthetic and takes 4 steps to convert to "real folate" in the body, coupled with the fact that most people have MTHFR genetics further restricting this conversion process means that folic acid is NOT a viable substitute for REAL folate ie 5-MTHF... Challenge of the day - see if your medical professional is familiar with this basic accepted fact.) Even the word "Vitamin" was unknown prior to 1911, how have we come so far and then gone full circle forgetting these basic building blocks of nutrition in just a short 100 years of human existence?! I've personally read the research of a number of scientists and medical doctors who related arteriosclerosis as "scurvy of the heart" and

congestive heart failure to B1 - thiamine deficiency (there's that Beriberi again!). In Epigenetics, Wallach relates performing an autopsy on a Rhesus monkey noting the pancreatic changes were typical of cystic fibrosis in humans - yet CF is supposedly a genetic defect ONLY FOUND IN HUMANS. There's even research linking MS to lead toxicity which can somewhat be alleviated by iron... There's so much research needing to be done with basic nutrition and connecting the dots to information already known (before it's forgotten), so why are most of the research dollars going to fund pharmaceutical research which are only designed to MANAGE the disease state instead of real nutrition designed to CURE the disease state?!? (Heck, even Dr. Thomas Scholbach in Germany has finally connected the dots showing that not only are May Thurner Syndrome, Nutcracker Syndrome, Pelvic Congestion Syndrome, CGCS / MALS and even the upper body Thoracic Outlet Syndrome are not only all commonly interrelated, he links them all to lumbar hyperlordosis and lumbar spinal injuries AND explains why EACH and ALL of these maladies are predominantly diagnosed in WOMEN 85% or so of the time. Not only that, but Dr. Scholbach FURTHER explains the WHY behind this predominance in women as a simple physics problem of the development of the female human pelvis during adolescence. However, all the research funds are again going to new surgical techniques and new medications, not into the basic foundation of WHY is this happening and what can be done to PREVENT this from developing in adolescent girls in the first place! Again corporate greed rules!) Another problem that stymies medical research - human pathology is related in terms of names of those who diagnosed or discovered specific traits. Animal pathology is related in descriptive names of changes in the organs and tissues, it's like decoding 2 different languages. Dr. Wallach understands both sides of the coin due to his unique educational background and professional experience both as a veterinarian as well as a human doctor. Dr. Ma Lan helps to decode the language of western medicine to the wisdom of ancient eastern understanding. Mix in the vast knowledge of nutrition with Dr. Schrauzer and you have a winning combination for unlocking the truth behind these so-called incurable chronic illnesses. Did you know that each year all the dolphins were dying of congestive heart failure at Shedd's Aquarium in Chicago? Upon Wallach's intervention, once the dolphin's food was changed to correct the thiamin deficiency (beriberi), this problem completely abated. Did you know that in the 1950s the domestic turkey population suddenly were dying from aortic aneurysms after the industry had altered the turkey feed? Upon Wallach's discovery of the copper deficiency which has now been restored to turkey feed, it's very rare for turkey farmers to lose turkeys due to aortic aneurysms. Wallach found another zoo was unsuccessfully trying to breed arctic foxes, the few surviving pups from the small litters kept dying from a constantly changing variety of problems.

Again, once the food supply was corrected (Wallach took the "genetically defective foxes" and put them on a toy breed dog food) within 2 years of his breeding attempts he had so many arctic foxes the zoo had to make a special display just for all the foxes. AND they begged Wallach not to do the same with their Elephants ;-) Indigenous cultures such as Native Americans use the word for "food" and "medicine" interchangeably. Let thy medicine be thy food. Do yourself a favor. Pick up a copy of Epigenetics. Keep it with you to read when you run errands especially where you may be waiting 5 or 10 or 15 minutes (I DARE you to read Epigenetics while waiting at your next doctor appointment! I'll even DOUBLE DARE YOU to buy an extra copy to give to your doctor or medical professional!) Plan to read Epigenetics in small tidbits. Not more than 3 or 4 pages at a time. I suspect you'll be fascinated and want to continue reading at greater length, however there's so much information packed into each bite-sized portion that it will take some time to digest fully before moving to the next course of the meal. Bon Appetit ! ;-)

I disliked that there was too much history (I wanted to get to the meat), even though I'll probably read more slowly and take all that in! I love, love, love the recount of the systematic process of reaching conclusions! Much needed in our current medical climate.

This book is hardly about epigenetics, but then how can you expect a book on epigenetics when the author doesn't even know what epigenetics is? Wallach states in the book, "The story of epigenetics is the story of nutrition and nutritional deficiency at the enzyme, chromosomal, and gene level, and how they affect the duplication and transmission of DNA." Really? Don't get me wrong; nutrition is extremely important and of course will affect gene expression, but to call epigenetics simply "the story of nutrition and nutritional deficiency" ignores the broader and more important implications of epigenetics. In line with being off the topic of epigenetics, the first 25% of the book is a protracted history of medicine throughout time, followed by a thrashing of modern medical practice. I don't necessarily disagree with Wallach's criticisms, but then once again, it has nothing to do with epigenetics. He goes on to talk a lot about nutritional deficiencies, such as pellagra and beriberi. He also gives a very strange example of how genetically similar ducks fed differently experienced different growth. Again, basic nutrition, not epigenetics. Wallach draws a strange conclusion also in this regard. He says, "A human parallel to the duck experiment is the Japanese immigrants, who originally came to the United States as small wiry people about four foot eleven inches tall and weighing 100 pounds soaking wet. Their genetic potential for growth and development was never achieved by eating the low calorie, low nutrient Japanese rice, vegetable and fish diet of their native

Japan. The second generation Japanese, conceived and born in the United States, were a different story. The number-one son over the next generation was six feet four inches tall, weighed 240 pounds and played tight end for the USC football team. Their genetic background was the same, however, their potential for height and physical development was more completely fulfilled by having access to unlimited calories, meat, protein, milk, eggs, vegetables, and vitamin and mineral supplements." Also, if you want to put this in the context of affecting genes, it might be worth noting that these second generation Japanese with "access to unlimited calories, meat, protein, milk, eggs, vegetables, and vitamin and mineral supplements" also started having cancer, heart disease, and diabetes rates considerably higher than in their native Japan, and more in line with Americans. A huge portion of this book is also very much autobiographical information (strangely written in the 3rd person) dealing with Wallach's educational and professional career. I will admit some of it is interesting with regards to the obstacles he faced when going up against traditional medical and scientific ideas. But again, not about epigenetics, very little of which is covered in this book. When it comes to causes and cures of disease, Wallach seems to be prisoner to Maslow's "if all you have is a hammer, everything looks like a nail" syndrome, as he sees everything as a mineral deficiency. He suggests that diabetes is nothing more than a simple mineral deficiency that can be cured with supplementation. Perhaps most disturbingly, he suggests homosexuality is also due to nutritional deficiencies, saying that he has "interviewed hundreds of gay men and women and found that in each case the mother of the gay male or female was in nutritional distress during their pregnancy. The women either had gluten intolerance (low efficiency of absorption), were alcoholics, or had low income with reduced access to healthy food, or failed to use prenatal vitamins and minerals, etc." WOW! I love the convenience of Kindle books, but one major drawback is unlike a printed book, you can't return it to . If you could I would return this one.

He tells the truth. Have been a fan since 1990s when I got a cassette tape of Dead Doctors Don't Lie! I love his Youngevity products and love all the YouTube programs on health.

So interesting! I actually bought this for my MIL for Christmas but \*shh don't tell\* I read it before I wrapped it. I am so fascinated by the science behind epigenetics, and loved reading more about it.

This is a very informative book, especially Chapter 18, which is a compendium of all of the diseases which are caused by nutritional deficiencies and the nutrients necessary to prevent and cure them.

The operators manual for your body. Plus the history of hundreds of years of medical stupidity and corruption.

This is a real eye-opener and shows you the truth about generics and that the genetics we are supposedly born with can be changed. Get an education...read this.

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