

## Flipping the Genetic Switch: Using Nutrition to Promote Healing

### Lesson Summary

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As our understanding of human genetics has expanded in recent decades, it has given rise to pet therapies that hold great promise for preventing disease through nutritional strategies that affect a cell's DNA. In this lesson, you'll explore glandular therapy, oral tolerance therapy, and nutrigenomics and how you can take advantage of them to improve your pet's health.

### Lesson Objectives

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After completing this lesson, you should be able to:

- Determine if your pet would benefit from using food as medicine
- Seek additional information about nutritional therapies that affect gene expression

### Lesson Roadmap

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1. Watch the lesson **video** and fill in the note-taking guide below.
2. **Read about it.** Carefully read the suggested resource:
  - a. *The Ultimate Pet Health Guide*, Chapter 7 – **Beyond Basic Nutrition: Using Food as Medicine**
3. **Think about it.** Take several minutes to reflect on the following questions:
  - a. Has your attitude toward nutrition changed since watching the video in this lesson?
  - b. Which of the therapies mentioned in the video do you think hold the most promise for treating a specific condition affecting your pet right now?
4. **Take action steps** to help your pet thrive.
  - a. Do an internet search for "nutrigenomics for pets" to keep abreast of the latest developments in using nutrition to affect gene expression.
  - b. If needed, make an appointment with your veterinarian to discuss a treatment plan for your pet that incorporates glandular therapy, oral tolerance therapy, or nutrigenomics.
  - c. Jot down your reactions to this lesson and your action steps to improve your pet's health in the space provided below.
5. Take the **quiz** to advance to the next lesson.

## Video Notes

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Nutrition is more than raw materials; what you feed your pet can directly affect her immune system. In this video, you'll explore the three primary ways to manipulate gene expression and discover how these translate into specific treatments for your pet.

From a therapeutic standpoint, we can use \_\_\_\_\_ to both prevent and potentially \_\_\_\_\_ disease.

**Glandular Therapy:** Using animal-based whole food items to support specific body \_\_\_\_\_ or specific \_\_\_\_\_

- Like supports like theory
  - Feed them the nutritional building blocks they need to support a specific \_\_\_\_\_.
  - Feed your pet \_\_\_\_\_ for heart problems or \_\_\_\_\_ for kidney problems.
- Hormone replacement therapy
  - Synthetic thyroid hormone or desiccated \_\_\_\_\_ gland to treat low thyroid function
  - Desiccated pancreas tissue if the \_\_\_\_\_ isn't secreting digestive enzymes
- Availability
  - Like supports like theory: a prescription is not required; available from natural or holistic practitioners
  - Hormone replacement therapy: a prescription is required

**Oral Tolerance:** When a pet has environmental allergens, oral tolerance may help the body become accustomed to things that it may otherwise have a \_\_\_\_\_ to. Oral tolerance can:

- Desensitize pets to environmental allergens such as pollen by exposing them to small amounts over time.
- Give it to them \_\_\_\_\_ so it passes into their gastrointestinal tract, where \_\_\_\_\_% of the immune system lives.
- The goal is to get the immune system accustomed to encountering antigens.
- Check your local farmer's market.

**Nutrigenomics:** Looking at the way food, herbs, and natural medications turn on and off genes in the body

- In its early stage of study
- Screen your pet using saliva
- Provides a roadmap of the best types of food to feed your pet or to avoid

Speak to your veterinarian about the best \_\_\_\_\_ of treatments for your pet

## Reactions and Action Steps

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What did you learn in this lesson that was new to you or that you found intriguing? Based on what you learned, list any action steps you plan to take. What can you do right now to improve your pet's health? What can you do in the future? What are the major obstacles to taking your action steps, and how will you overcome them?