

Re-Engineering Genetic Risk

Transforming Sickness into Health

The Transformational Power of the Health Message!

Camp Meeting 2011

Wes Youngberg, DrPH, MPH, CNS, FACLM
Specialist in Lifestyle & Nutritional Medicine

**Treating the Cause of Disease
& Low Quality Health:
How to Turn Bad Genes Off and
Good Genes On!**

Youngberg Clinic
www.dryoungberg.com
(951) 676-9922

WIN!

WELLNESS INTEGRATING NEEDS!

HOPE IN A HOPELESS WORLD

Can I really regain my health?

© Photographer: Goce Risteski | Agency: Dreamstime.com

WIN!

WELLNESS INTEGRATING NEEDS!

HOPE IN A HOPELESS WORLD

Can I really regain my health?

© Photographer: Goce Risteski | Agency: Dreamstime.com

Who needs hope?



WIN!

© Photographer: Maxim Malevich | Agency: Dreamstime.com

Hope in a hopeless world

Saturday, July 9, 2011




What about heart disease,
hypertension, diabetes, depression,
chronic fatigue and joint pains?

WIN!

Millie Youngberg

TRUST: Trust me

Saturday, July 9, 2011



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hypertension, diabetes, depression,
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WIN!

Millie Youngberg

TRUST: Trust me

Saturday, July 9, 2011



Is there hope for chronic illness?

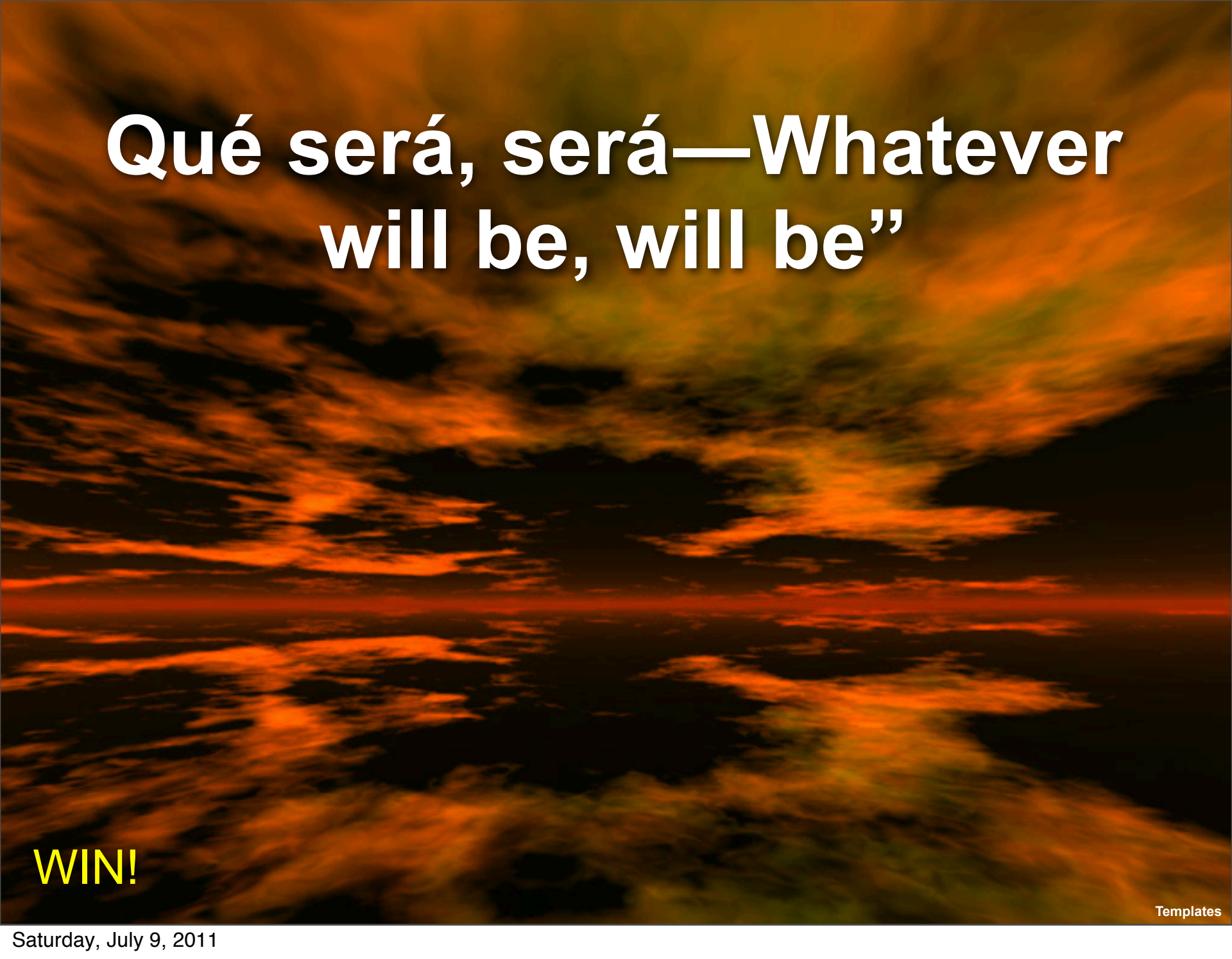
WIN!
Family Time

www.photostogo.com

Saturday, July 9, 2011

WIN! WELLNESS INTEGRATING NEEDS!

**“BUT I’VE GOT
BAD GENES!”**



**Qué será, será—Whatever
will be, will be”**

WIN!

**Qué será, será—Whatever
will be, will be”**

Do You Believe That?

WIN!

Predetermined?



WIN!

Glesni Mason

Saturday, July 9, 2011

What determines our health?

Is it fate?
Is it nature or nurture?
Genes or environment?

WIN!

Hope in a hopeless world

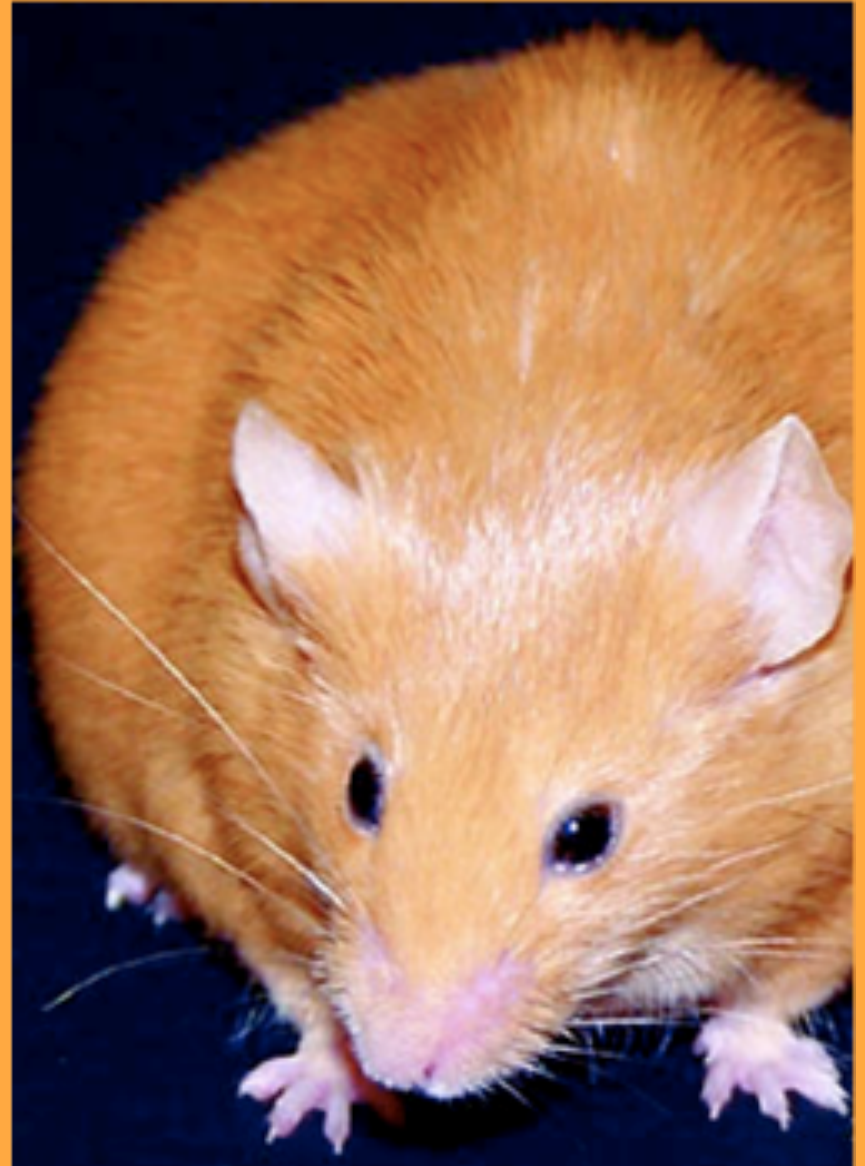
Saturday, July 9, 2011

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The Fat Yellow Mouse Story

WIN!

The Fat Yellow Mouse Story



WIN!

Identical Twins?



WIN!

Dana Dolinoy


Saturday, July 9, 2011



WIN!

Dana Dolinoy

Saturday, July 9, 2011

A photograph of two mice on a dark grey background. The mouse at the top is a bright yellow color, while the mouse at the bottom is a brown color. Both mice are facing left. The text is overlaid on the left side of the image.

**Genetically
identical but
healthwise
very different!**

WIN!



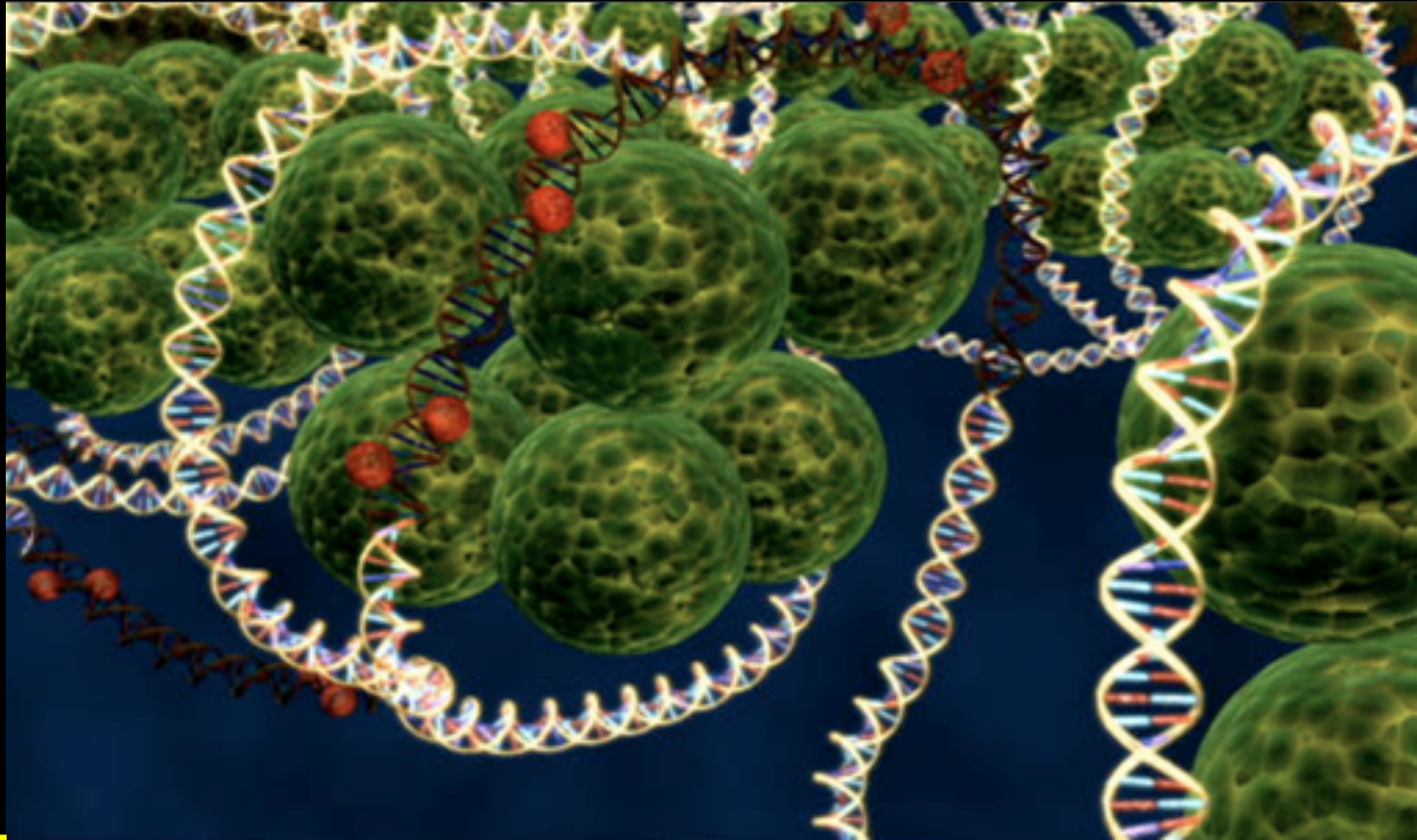
The Whole Litter

WIN!

Dana Dolinoy

Saturday, July 9, 2011

Humans Have About 25,000 Genes



WIN!



What turns on the Diabetes gene?

WIN!



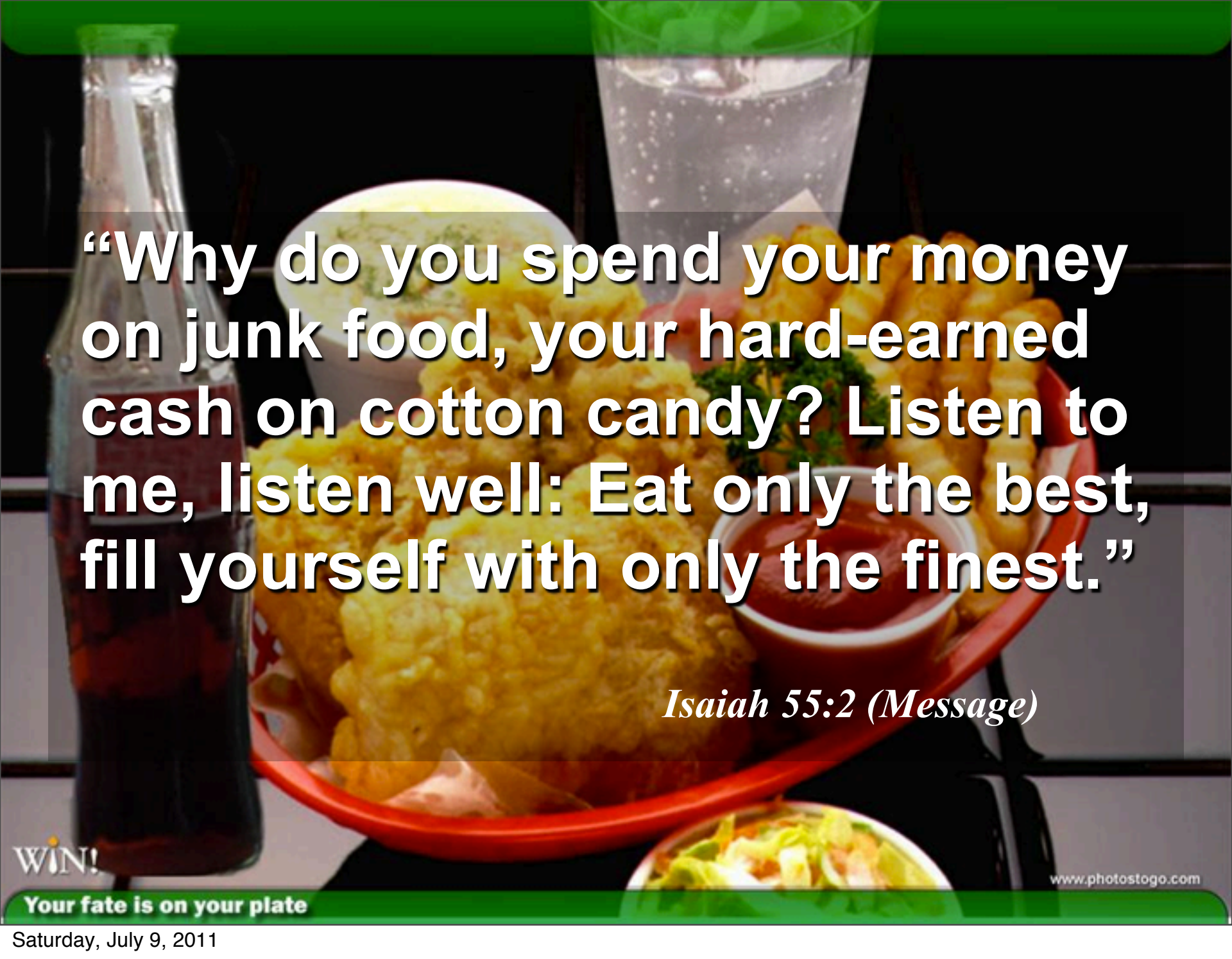
HARVARD UNIVERSITY
Four most Inflammatory Foods

WIN!

Your fate is on your plate

www.photostogo.com

Saturday, July 9, 2011

A photograph of a meal featuring a large plate of golden-brown fried chicken, a side of coleslaw, a glass of water with a lime wedge, and a bottle of Coca-Cola. The text is overlaid on the image.

“Why do you spend your money on junk food, your hard-earned cash on cotton candy? Listen to me, listen well: Eat only the best, fill yourself with only the finest.”

Isaiah 55:2 (Message)

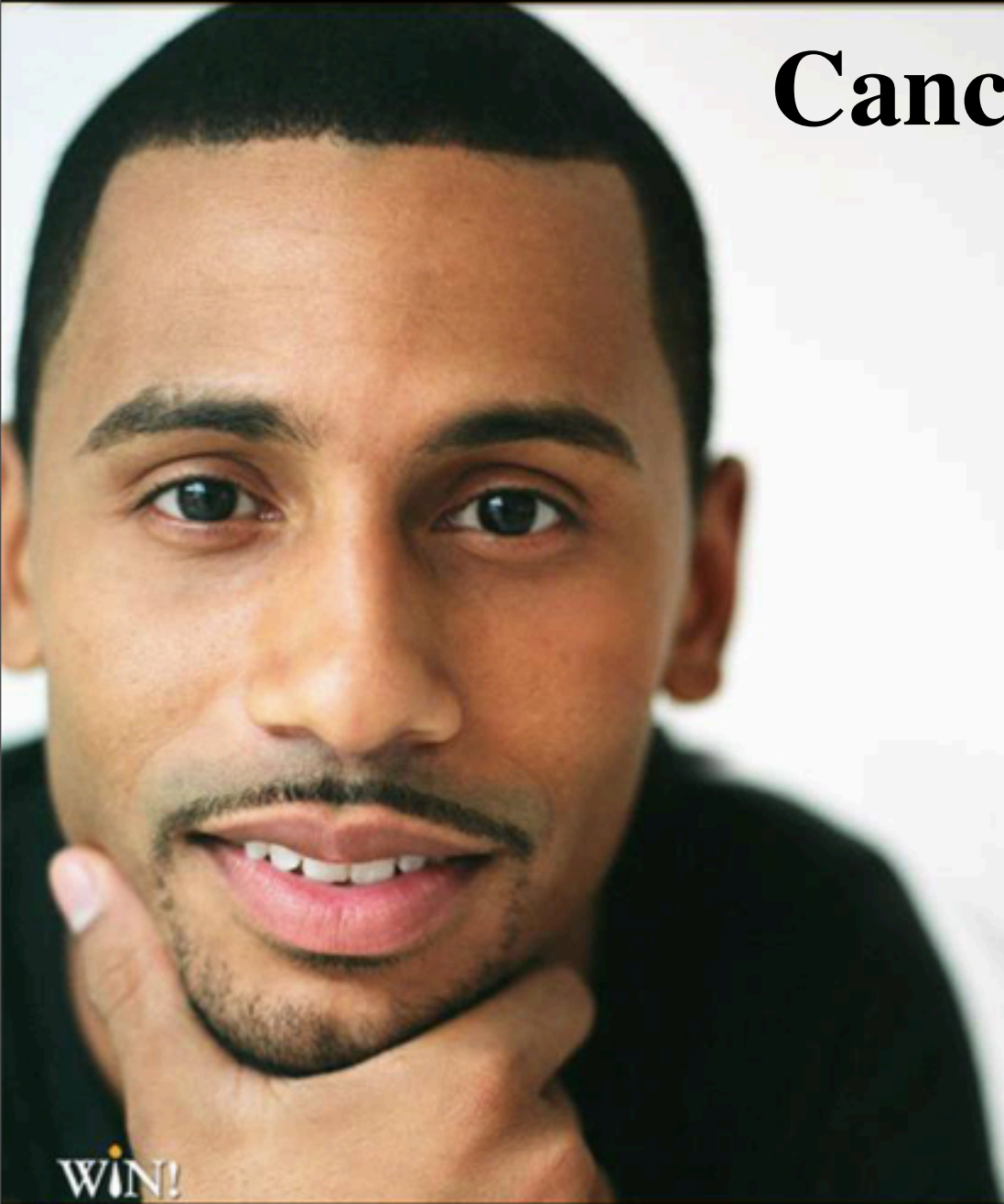
WIN!

Your fate is on your plate

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Cancer and Genetics



WIN!

www.photostory.com



Cancer and Genetics

- **Can I modify how my genes express themselves?**



**Gene Expression changed in low-level
Prostate Cancer in 3-months**

The LIFESTYLE THERAPY USED:

- 1. A Plant-based diet**
- 2. Moderate Exercise**
- 3. Stress management techniques**
- 4. A weekly support group**

**Dr. Dean Ornish, University of Calif. at San Francisco, *Proceedings of
the National Academy of Sciences, June 28, 2008***

WIN!

Changes in prostate gene expression in men undergoing an intensive nutrition and lifestyle intervention

Dean Ornish*^{1,2}, Mark Jesus M. Magbanua⁵, Gerdi Weidner*, Vivian Weinberg¹, Colleen Kemp*, Christopher Green⁵, Michael D. Mattie⁵, Ruth Marlin*, Jeff Simko¹, Katsuto Shinohara⁵, Christopher M. Haqq⁵ and Peter R. Carroll⁵

¹Department of Urology, The Helen Diller Family Comprehensive Cancer Center, and ²Department of Pathology, University of California, 2340 Sutter Street, San Francisco, CA 94115; *Preventive Medicine Research Institute, 900 Bridgeway, Sausalito, CA 94965; ³Department of Medicine, School of Medicine, University of California, 505 Parnassus Avenue, San Francisco, CA 94143; and ⁴Biostatistics Core, The Helen Diller Family Comprehensive Cancer Center, University of California, 513 Parnassus Avenue, Box 0127, San Francisco, CA 94143

Communicated by J. Craig Venter, The J. Craig Venter Institute, Rockville, MD, April 2, 2008 (received for review February 13, 2008)

Epidemiological and prospective studies indicate that comprehensive lifestyle changes may modify the progression of prostate cancer. However, the molecular mechanisms by which improvements in diet and lifestyle might affect the prostate microenvironment are poorly understood. We conducted a pilot study to examine changes in prostate gene expression in a unique population of men with low-risk prostate cancer who declined immediate surgery, hormonal therapy, or radiation and participated in an intensive nutrition and lifestyle intervention while undergoing careful surveillance for tumor progression. Consistent with previous studies, significant improvements in weight, abdominal obesity, blood pressure, and lipid profile were observed (all $P < 0.05$), and surveillance of low-risk patients was safe. Gene expression profiles were obtained from 30 participants, pairing RNA samples from control prostate needle biopsy taken before intervention to RNA from the same patient's 3-month postinterven-

indolent low-risk prostate cancers, defined by strict clinical and pathologic criteria designed to minimize the risk for metastatic disease as a result of study participation (9). The 30 men who enrolled did not undergo surgery or radiation therapy to treat their low-risk tumors; rather, they underwent comprehensive lifestyle changes (low-fat, whole-foods, plant-based nutrition; stress management techniques; moderate exercise; and participation in a psychosocial group support). Participants donated serial prostate needle biopsies at baseline and after 3 months of the lifestyle intervention, from which nanogram quantities of mRNA were purified. At the time this clinical trial began, commercial expression array platforms were not sensitive to nanogram RNA quantities. Therefore, a reproducible linear RNA amplification and printed cDNA array platform was used, as in our previous studies of melanoma (10), where subsequent studies have confirmed the

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48 disease preventing genes were turned on.

453 genes which promote disease, like breast and prostate cancers, were turned off.

intervention to RNA from the same patient's 3-month postinterven- melanoma (10), where subsequent studies have confirmed the

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EPIGENETICS

**Expression changed
on 501 genes**

INACTIVATION

ACTIVATION

453 turned

OFF

**Cancer Promoting
Genes**

**Cancer Fighting
Genes**

48 turned

ON

WIN!



WIN!

Your fate is on your plate

Millie Youngberg

Saturday, July 9, 2011

A vibrant assortment of fresh vegetables including yellow squash, carrots, tomatoes, and leafy greens. The vegetables are arranged in a dense, overlapping pile. A small white tag with blue text is visible near the bottom center of the vegetables.

**Let foods be your
medicine and medicine
be your foods.**

WIN!

Your fate is on your plate

Millie Youngberg

Saturday, July 9, 2011

The Creator's Operating Manual



WIN!

Your fate is on your plate

Millie Youngberg

Saturday, July 9, 2011

The Creator's Operating Manual



“And God said, See, I have given you every herb that yields seed . . . and every tree whose fruit yields seed; to you it shall be for food.”
Genesis 1:29.

WIN!

Your fate is on your plate

Millie Youngberg

Saturday, July 9, 2011