

FEEL

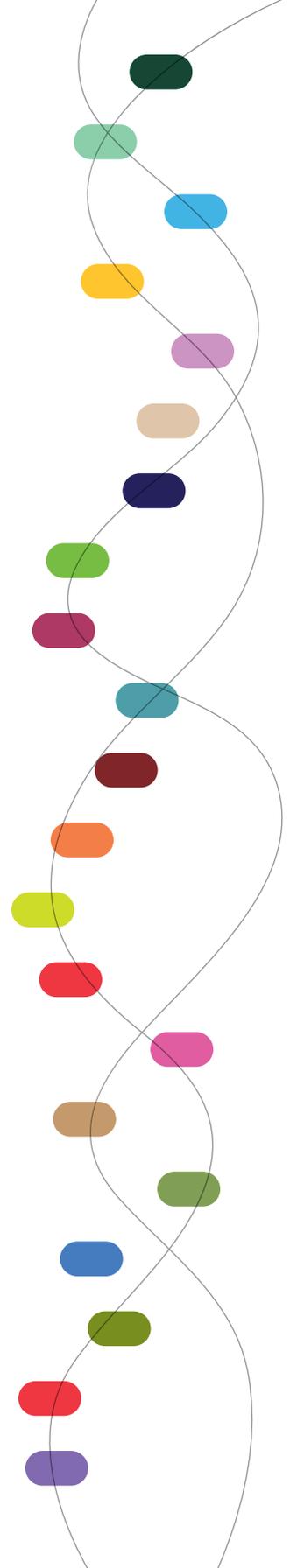
GOOD

NUTRIGENOMICS

YOUR ROADMAP TO HEALTH

Dr. Amy Yasko

Ph.D., NHD, AMD, HHP, FAAIM



# Why a Roadmap

Changing the way you look at your health creates an open road in front of you, poised for a healthier life. Once you recognize that you actually do have control over your own health and wellness, you can then chart that journey. Looking at where you are today and where you want to be in the future defines the road you need to take. For some who are already vibrant and healthy it is a short trip, for others it may be the marathon I have been helping people traverse since starting my private practice well over a decade ago. Regardless if you are merely looking to support an already healthy lifestyle or to change years of deteriorating health, this shift in approach enables you to have control in a way you most likely have never imagined.

I began using this approach with adults who had issues with Chronic Fatigue, ALS, MS, IBS and Parkinson's disease. I had spent years studying biochemical and molecular pathways for my undergraduate degree in chemistry, PhD in Microbiology/Immunology and my fellowships in Pediatric Immunology, Cancer Research, Cell Biology as well as working to design molecular

tests and products for pharmaceutical and biotechnology companies. I found that I think in biochemical pathways. The way some people have an innate sense of direction I see pathways in the body. I have literally gotten lost driving my own children home from school, yet I can tell you how different natural products join together in traffic circles in your body.

When I moved from a metropolitan area to rural Maine, I not only moved demographically. I also shifted scientifically from considering the impact of pharmaceutical products on the pathways in our system, to thinking about the use of natural products to achieve similar results; how herbs and supplements could have a positive impact on those very same biochemical and molecular pathways.

In my private practice, I used natural products to have a positive effect on biochemical and molecular pathways in the body, finding that was what was helping to improve health for adults with a range of chronic inflammatory conditions.

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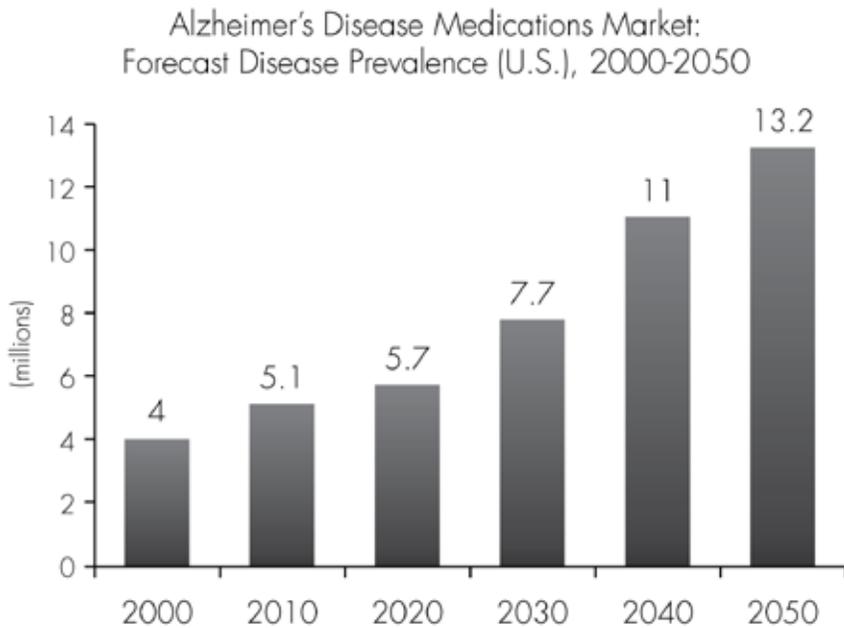
From the onset **I have always believed in sharing the rationale behind choices of herbs and supplements; giving the power and control to each individual to make informed personal health care choices.** What this means is that there is a steep learning curve to be able to make decisions governing your own or your child's health. I have spent the past decade pouring my heart and soul into autism and refining the program, generating more resources to help understand and implement the program, and now have come full circle to include adults with inflammatory conditions, those simply looking for a healthier lifestyle, as well as those with autism on this journey to better health and wellness.

This program began with adults, was adapted to help those with autism, and in this book I now define the steps to take to chart your own Roadmap to health. **This is not just about autism; it is about health and well-being.** I believe that autism, as with other chronic conditions is a multifactorial condition. That

underlying genetic susceptibility, along with exposure to infectious agents, toxic chemical and the stress of lifestyle all contribute to complex health issues. In this book I will make analogies using the concept of a Roadmap to help you to visualize the contribution of genetics, epigenetics, as well as other factors that play a role in health. Understanding the contributing factors gives you the information needed to pick the right tools to get back on a path to health and well-being. Every child with autism has a parent, a grandparent and siblings, and hopefully will have children of their own someday. The predisposing genetics come from somewhere. According to current statistics the rate of autism is one in fifty. In other words, with a rate of 1 in 50, every one of us has a relative, a child, an uncle a cousin or a brother that may be on the autism spectrum. Even if those same related genetics are not manifesting as autism they may be a factor in Parkinson's, CFS, MS, Lupus or some other inflammatory condition. **Recognizing that this is not just about autism, and realizing that the genetics are inherited in a familial pattern, means every single person in today's society needs to be thinking about charting their personal Roadmap to health.**

Alzheimer's disease, Chronic Fatigue syndrome, ADD/ADHD as well as autism are increasing at an alarming rate. While medicine has made incredible strides clearly we need to think about a different approach to deal with a range of chronic health

conditions in today's society. What I have been sharing is a paradigm shift in how we deal with chronic conditions. **The idea is to make you the expert on your own path to health.** I share the information to give you the tools to make informed decisions in conjunction with your own doctor/practitioner.

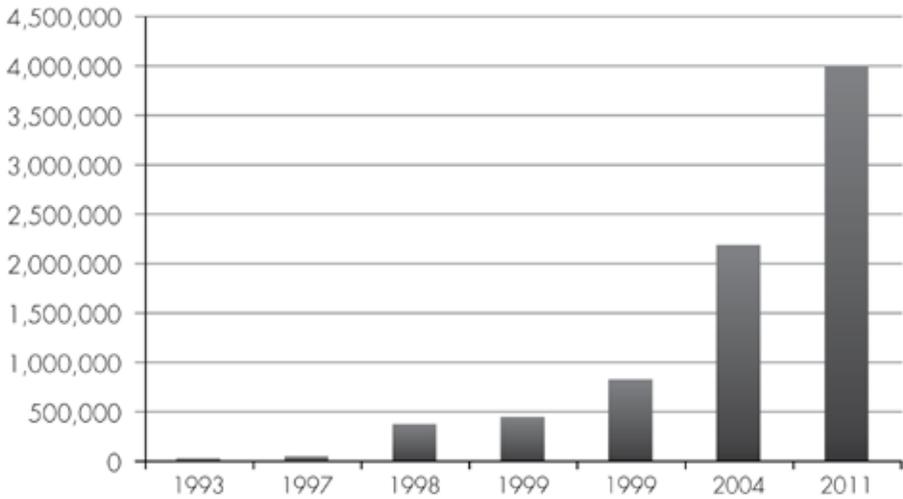


The number of Alzheimer's Disease patients is expected to more than triple over the next 50 years

Source: Frost & Sullivan

When the increase in Alzheimer's was first noted the explanation was that people are living longer so of course more of them are dying of Alzheimer's disease. Today, Alzheimer's is listed as one of the leading causes of death in this country.

## Estimated number of people with CFS in U.S. population

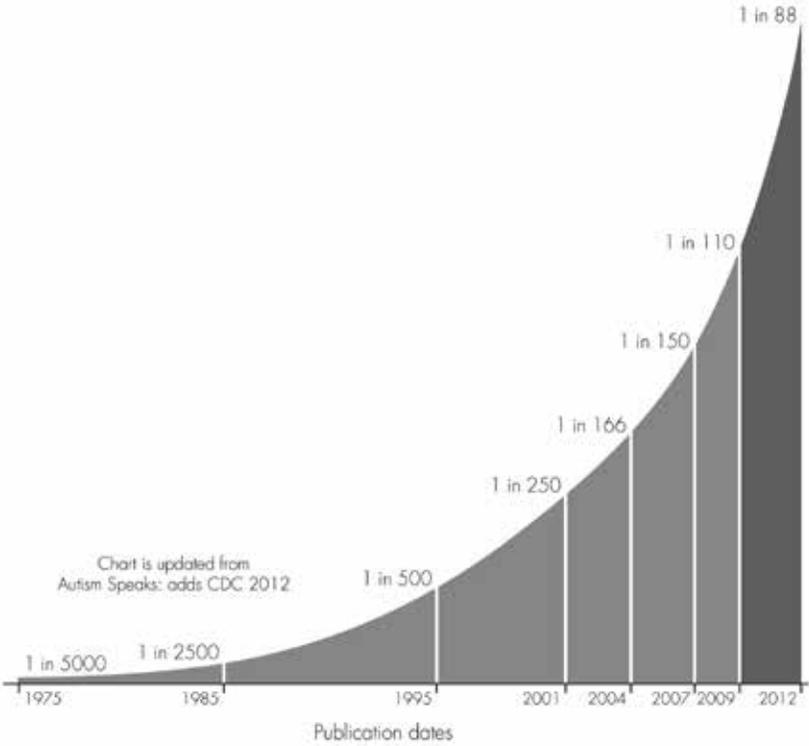
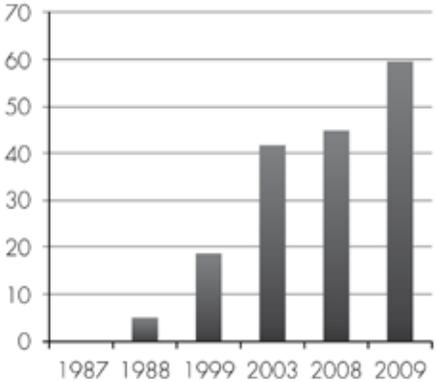


When the number of individuals with CFS was on the rise, the explanation was that the stress of women working while raising their children was to blame.

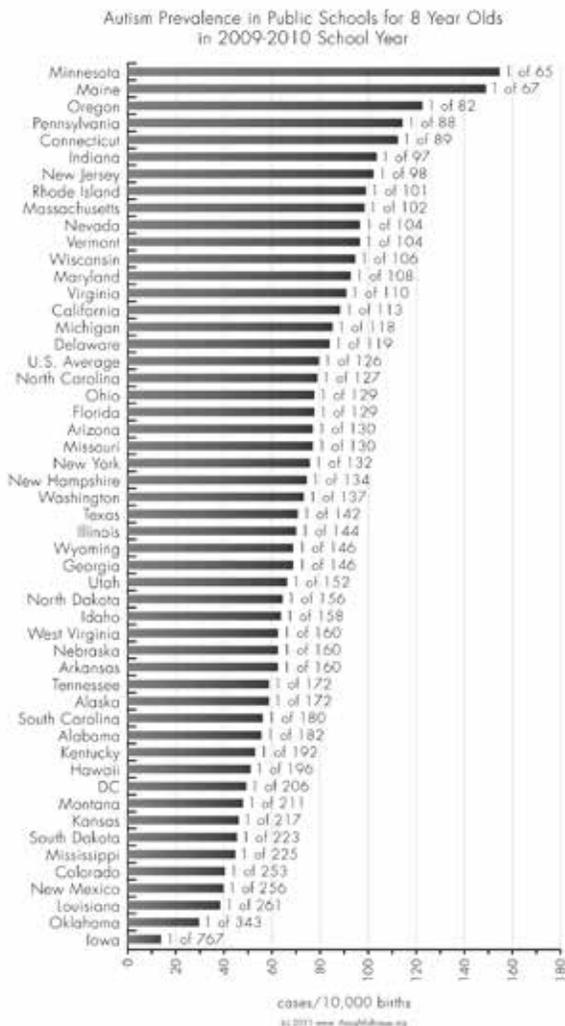
The increase in ADD/ADHD was cited as being due to poor health choices for children's snacks and too many families with two working parents. By 1997, the number of children labeled as having "ADHD" had risen alarmingly to 4.4 million and by 2009 the figure was closer to six million, with approximately one in every 10 children now diagnosed with the disorder.

<b>1987</b> (Diagnostic and Statistical Manual of Mental Disorders 4th. Published by the American Psychiatric Association Washington, DC, 1987)	<b>0</b>
<b>1988</b> (CHADD, <a href="http://www.cdrrnt.org/psychopharmacologicalfrontgroups/chadd/#_edn10">http://www.cdrrnt.org/psychopharmacologicalfrontgroups/chadd/#_edn10</a> )	<b>500,000</b>
<b>1999</b> (Report of the U.S. Surgeon General on Mental Health)	<b>1,900,000</b> Avg (1,400,000 to 2,300,000)
<b>2003</b> (CDC: MMRW 9/2/03)	<b>4,200,000</b>
<b>2008</b> (Vital and Health Statistics Report from CDC's National Center for Health Statistics - July 2008)	<b>4,500,000</b>
<b>2009</b> (Block, 2009)	<b>6,000,000</b>

## Studies of ADHD Prevalence (per 100,000)



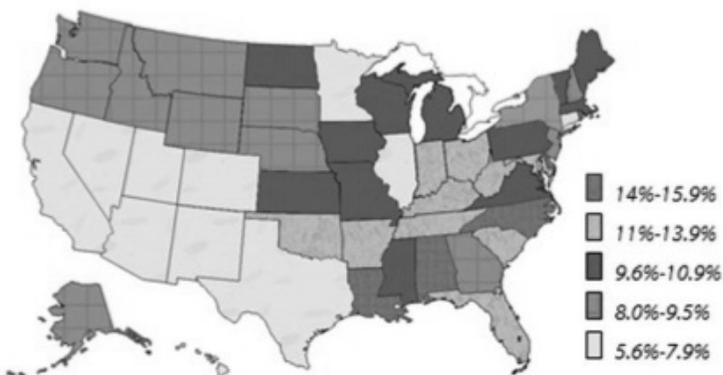
*“In 2002 the Center for Disease Control estimated that autism affected about 1 in 150 children. By 2012 the CDC estimate had increased to 1 in 88. Now, according to the latest revision of the estimate recently released, autism affects 1 in 50 children. That’s a phenomenal 300 percent increase in 11 years” (National Health Statistics, March 2013). This alarming increase in autism has been explained by better diagnosis.*



## **I see these as excuses, not as explanations.**

I feel that we live in a society where we are stressed emotionally, financially, physically and exposed to a range of toxins in our environment. Combining underlying genetic susceptibility with these other factors creates all the ingredients for a perfect storm. By understanding where our weak points are located, where the 'accidents' are on our particular highway of life, it is possible to bypass those detours, accidents and breakdowns and chart a better Roadmap to Health. *This* is the approach that I used in my private practice for adults, for children and have been sharing online at no cost. This is the approach that is explored through this book, simplified by analogies of driving a car and following a Roadmap that we can all understand. *This* is the approach that will help you and your doctor to bring you better health and well-being.

State-based Prevalence Data of ADHD Diagnosis Percent of Youth 4-17 ever diagnosed with Attention-Deficit/Hyperactivity Disorder: National Survey of Children's Health, 2007

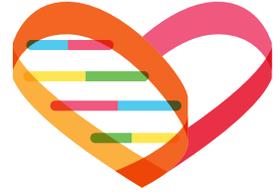




**Cycle** is for your health, the health of your children, your grandchildren, your parents and grandparents.

This pathway is so important that I truly believe that everyone should have an equal ability to understand it and to make informed choices to support it in their body. The overriding tenant of this program is to give you the tools you need to make informed personalized decisions about your own health. The more information you have, the more power and control you have. No one is going to be more interested in your health and wellness than you are. No matter how lovely, smart and involved your doctor is, with the volume of patients he/she has to see each day there is no way they can give you the level of priority that you can give yourself. This is not to say that you can do this solely on your own, without your doctor. I am not suggesting that at all. What I am suggesting is a paradigm shift in how we view healthcare. Instead of the classic view of the doctor in the white coat dispensing medicine and answers where you obediently take whatever is given with no explanation, this program gives you the tools to change that dynamic and take charge of your own health by understanding the role, importance and genetics of the critical **Methylation Cycle** in the body.

# nu·tri·ge·no·mics



/,N(Y)ŌŌTRIĪĒ'NŌMIKS, -'NÄM-/ noun

the study of how different nutrients may interact with specific genes to alter the risk of health issues

## Create an open road for a healthy life

We live in a society where we are stressed emotionally, financially, physically and exposed to a range of toxins in our environment. Combining underlying genetic susceptibility with these factors provides all the ingredients for a perfect health storm. By understanding where our weak points are located, or where the accidents are on our particular highway of life, it is possible to bypass those detours, accidents and breakdowns and chart a better Roadmap to Health. This book defines those steps needed to begin your own personal journey to health and wellness.

## About the Author

Dr. Yasko's field of expertise is in DNA/RNA based diagnostics and therapeutics. She holds her doctorate in Microbiology and Immunology from Albany Medical College. Her fellowships include positions at Yale University School of Medicine, the Wilmot Cancer Center at Strong Memorial Hospital as well as Pediatric Immunology at the University of Rochester Medical Center. Dr. Yasko has spent well over a decade working with DNA and RNA based biotechnology companies. In addition to several natural health degrees, Dr. Yasko is a Fellow of the American Association of Integrative Medicine.

*"Dr. Amy, thankful does not begin to describe our gratitude for your program and how it has changed all of our lives. You have healed our child and so many others. Everyone in our family is so much stronger and healthier. You have given us the best and only gift that matters, our child and our health."* - Barb Wood Messaros

*"Your work enlightened me on what I needed to do to regain my health after suffering with chronic migraine and major digestive issues. Your work has made all the difference; a year ago I was in tremendous pain; now I am free."*

- Cynthia Albert

*"Dr. Amy's protocol is brilliant and it works. I am eternally grateful to Dr. Amy for bringing my son Andrew back from the depths of Autism."* - Wendy Moore

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