



# PAIN TO POWER THROUGH GENETICS

**Vision:** Our vision is to provide a weekly, step-by-step guide to help people prepare before a given threat becomes a reality. We encourage you to print and keep a collection of these weekly guides and website information. We also suggest you keep your collection in a notebook in case there is a loss of the internet and power at the very time you need these guides.

We believe as you consider these guidelines and prepare, you will gain the knowledge and skills to adapt to the anticipated threats. These guides may not address every contingency but, being prepared for threats and disasters in general helps individuals gain the peace of mind that they have done what they can do to enhance their chances for safety, survival, and the well-being of their communities. This resource and comprehensive approach foster resilience and prosperity in challenging times when many others may be caught off guard.

## EPISODE – “PAIN TO POWER THRU GENETICS”

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You can see our WWT podcast at: <https://vimeo.com/1069627208?share=copy#t=0>



# Topic One

This guide is about genetics and how it can affect one's health. Information about DNA, (a 1940's abbreviation of the term deoxyribonucleic acid), blood tests that can determine best foods to eat and medications to take for optimal health is also included.

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# UNDERSTANDING GENETICS AND ITS IMPACT ON HEALTH

## Topic Two

### Introduction to Genetics

Genetics is the study of genes, heredity, and genetic variation in living organisms. Our genes, made up of DNA, influence a wide array of traits, including physical characteristics, susceptibility to diseases, and even responses to medications and diet.

### How Genetics Affects Health

**Inherited Traits** - Many health conditions have a genetic component, meaning they can be passed down from parents to children. For instance, conditions like cystic fibrosis, sickle cell anemia, and certain types of cancer can have hereditary links.

**Genetic Predisposition** - Even if a person does not inherit a particular condition, they may have a genetic predisposition that increases their risk. For example, individuals with specific gene mutations may be more susceptible to heart disease or diabetes.

**Gene-Environment Interactions** - Genetics can interact with environmental factors (like diet and lifestyle) to influence health outcomes. For instance, a person with a genetic predisposition to obesity may be more affected by a high-calorie diet.



## Notes

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# DNA BLOOD TESTS AND THEIR BENEFITS

## Topic Three

**Nutrigenomics** - This field studies how genes affect individual responses to nutrients. DNA tests can identify specific genetic variants that influence metabolism, food sensitivities, and nutrient absorption. This information can guide personalized dietary recommendations.

**Pharmacogenomics** - This area focuses on how genetics affect drug metabolism. DNA tests can determine how well a person will respond to certain medications, helping healthcare providers prescribe the most effective treatments with fewer side effects.

### Popular DNA Testing Services

**23andMe:** Offers genetic health reports that include information about carrier status for certain genetic conditions and traits that can impact health.

**AncestryDNA:** Primarily focused on ancestry but can also provide insights into genetic health risks.

**My Heritage DNA:** Like AncestryDNA, this service focuses on ancestry while offering some health insights.

**Nutrafol and DNAFIT:** Specifically designed for nutrition and fitness, providing personalized diet and exercise recommendations based on genetic data.



# DNA BLOOD TESTS AND THEIR BENEFITS

## Topic Three

### How to Use DNA Test Results

A comprehensive overview of how genetics affects health and how DNA tests can be beneficial in personalizing dietary and medical approaches.

- 1. Consult a Healthcare Professional** - Always discuss your DNA test results with a healthcare provider or a genetic counselor. They can help interpret the results in the context of your overall health.
- 2. Tailor Your Diet** - Use insights from nutrigenomic tests to choose foods that support your genetic profile. For example, some individuals may benefit from a diet higher in omega-3 fatty acids, while others may need to limit certain carbohydrates.
- 3. Optimize Medication** - Pharmacogenomic testing can help avoid adverse drug reactions by prescribing medications and certain supplements that are better suited to your genetic makeup.

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# BLOOD TESTS FOR ALLERGY DIAGNOSIS

## Topic Four

Blood tests can be valuable tools for diagnosing allergies, complementing skin tests and clinical evaluations. They help identify specific allergens and provide insights into the immune system's response. Here's an overview of common blood tests used to determine allergies:

### Types of Tests

**Total IgE Test Immunoglobulin E (IgE) Testing** is an antibody produced by the immune system in response to allergens. Elevated levels of specific IgE can indicate an allergic reaction. Total IgE Test measures the overall level of IgE in the blood, which can indicate an allergic tendency but does not specify the exact allergen.

**Specific IgE Tests** measure IgE levels for specific allergens, such as pollen, pet dander, dust mites, mold, and certain foods (e.g., peanuts, shellfish). This test is often used for patients with a history of allergic reactions, such as asthma, eczema, or food allergies.

**Radio Allergosorbent Test (RAST)** is a specific type of blood test that measures the amount of IgE antibodies in response to particular allergens. It can be helpful for diagnosing allergies to a variety of substances, including pollen, mold, dust mites, and certain foods. It is particularly useful when skin testing is not feasible due to skin conditions or medications that may interfere with the results.



# BLOOD TESTS FOR ALLERGY DIAGNOSIS

## Topic Four

**Enzyme-Linked Immunosorbent Assay (ELISA) tests** are used to measure specific IgE levels in response to various allergens. It is commonly employed to test for food allergies and can provide detailed information about sensitivities to specific proteins in foods.

**Basophil Activation Test (BAT) test** assesses the activation of basophils (a type of white blood cell) in response to allergens. It measures the release of mediators, such as histamine, when basophils are exposed to specific allergens. BAT is a relatively newer test and can provide information about allergy reactions, especially when other tests yield inconclusive results.

**Complement Component 4 (C4) and other tests** in some cases, may be conducted to evaluate the complement system, which plays a role in immune responses, including allergic reactions. These tests can help in diagnosing certain immunological conditions that may coexist with allergies.

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# INTERPRETING RESULTS

## Topic Five

**Consult a Healthcare Professional** It is essential to discuss blood test results with a healthcare provider or an allergist. They can provide context and recommend further testing or treatments based on individual symptoms and medical history.

When it comes to understanding genetics, allergies, and their implications for health, several types of medical professionals specialize in these areas. The following list includes several key types of doctors and specialists who can provide expertise and guidance:

**Allergists/Immunologists** specialize in diagnosing and treating allergies, asthma, and immune system disorders. They are well-versed in allergy testing, including blood tests and skin tests. They can help identify specific allergens, recommend treatment plans, and provide advice on managing allergic reactions.

**Geneticists** specialize in genetics and genetic disorders. They can assess genetic risk factors related to health conditions and hereditary diseases. They can interpret genetic testing results, provide counseling regarding inherited conditions, and discuss implications for family members.

**Clinical Geneticists**, a subset of geneticists, focus on diagnosing and managing genetic conditions in patients. They often work with families to understand genetic diseases and provide insights into personalized medicine based on genetic profiles.



# INTERPRETING RESULTS

## Topic Five

**Primary Care Physicians (PCPs)** including family medicine doctors and internists, have a broad understanding of health issues and can address general medical concerns. They can initiate discussions about allergies and genetics, refer patients to specialists, and provide ongoing care for managing chronic conditions.

**Registered Dietitians and Nutritionists** specialize in nutrition and dietary management. They can interpret results from nutrigenomic tests and provide personalized dietary recommendations based on genetic predispositions and food allergies.

**Pharmacogenomics Specialists** focus on how genetics affects individual responses to medications. They can help patients understand how their genetic makeup may influence medication effectiveness and safety, guiding personalized medication plans.

**Pediatricians** specialize in the health of children and adolescents. They are often the first point of contact for pediatric allergies and genetic concerns and can refer to specialists as needed.

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## CONCLUSION AND ADDITIONAL RESOURCES

### Topic Six

Genetics plays a crucial role in health and wellness. By understanding your genetic background through DNA testing, you can make informed decisions about your diet and medications, leading to better health outcomes. As research in genetics continues to evolve, the potential for personalized medicine will only increase, offering more tailored approaches to healthcare.

Blood tests for allergies are valuable diagnostic tools that can help identify specific allergens and understand the immune response. By determining what substances trigger allergic reactions, individuals can take proactive steps to avoid allergens and manage their symptoms effectively. Blood tests are often used in conjunction with a detailed medical history and possibly skin tests to provide a comprehensive understanding of allergies. Always consult with a healthcare professional for appropriate testing and interpretation of results.

When seeking guidance on genetics and allergies, it's essential to consult the appropriate specialist based on specific needs. Allergists and immunologists are the primary experts in allergies, while geneticists and clinical geneticists provide insights into genetic factors affecting health. Collaborating with these professionals ensures a comprehensive approach to managing health conditions related to genetics and allergies.

#### **Additional Resources:**

Meds Plus: [www.Goodrx.com](http://www.Goodrx.com)



# CONCLUSION AND ADDITIONAL RESOURCES

## Topic Six

**Books:** "The Gene: An Intimate History" by Siddhartha Mukherjee, "Genetics for Dummies" by Tara Rodden Robinson.

**Websites:** National Human Genome Research Institute (NHGRI), Genetics Home Reference.

**Functional Doctors:** A functional medicine doctor is a healthcare professional who specializes in identifying and addressing the underlying causes of chronic diseases. They take a holistic approach to patient care, considering factors such as diet, lifestyle, genetics, and environmental influences.

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# PEACE & SPIRITUAL LIVING

## Topic Seven

Peace could be very elusive during a worldwide threat because of the stress any individual threat would create in one's life. Let alone if these threats appear in clusters or simultaneously, as often is the case. Dealing with stress is very important during times of personal relationship problems, financial, health, and survival issues. Successful stress management and remaining clear headed could make the difference in your survival.

More than stress management, maintaining your peace during a disaster could prove to be more valuable than the gold you stored to barter with. Having peace can help your family, friends, and all of those around you that are in a critical situation to survive in an abundant way.

Peace is directly associated with spirituality. If you have not considered spirituality, now would be the time to develop it while we are in a relatively peaceful time. Seeking a Higher Power for peace makes sense when so many things will be out of your control during a worldwide threat.

Believing Jews look to the God of Abraham, Isaac, and Jacob to bring them peace. Prophecies of the Messiah help the Jews focus on God as their victor and keeper. For Jews, their bible predicts the coming of the Messiah who will protect them and establish his forever kingdom.





# PEACE & SPIRITUAL LIVING

## Topic Seven

Those who know the Jesus of the Christian Bible will deal with stress completely differently than those who do not. There are several reasons for that. First, the bible is full of prophecies foretelling the birth and mission of Jesus to make peace between God and mankind in addition to his return to set up a kingdom of His peace. Jesus came and fulfilled the prophecies of his birth, death, and resurrection. Christians have a great deal of evidence that he will keep his promise to return and ultimately establish worldwide peace. The well-known Christmas prophecy hundreds of years before his birth in Isaiah 9:6 identified Jesus as the Prince of Peace. He offers that peace to you today if you but ask (John 14:27).

Prophecies are comforting and stress reducing because they come from a loving Higher Power that is communicating with his people what to expect. Prophecies for the Christian tell the nature of the times in which Jesus was, is and will be.

If you are encouraged by the **WorldwideThreat.com** please consider visiting [www.LiveInThePresence.com](http://www.LiveInThePresence.com). We produced a video series called ***Living in the Presence***. These shows were produced in different places in the world and primarily show how people in difficult and life-threatening situations live a life of peace and prosperity in many ways.





# PEACE & SPIRITUAL LIVING

## Topic Seven

To be part of the Worldwide Threat Family is to understand how to be prepared for the threats. Part of that preparation is to do your part to support the local storehouse that helps people in need, otherwise known as the local church. Both Jews and Christians know the importance of this principal from the example of Joseph in the Old Testament storing up goods in the storehouse. If you do your part to support your local church, God promises to protect the remainder of your supplies in Malachi 3:10-18. That should give you some peace as well.

If you are not walking in peace, we can help you by introducing you to Jesus and giving you free information that will help. We welcome you to contact us by phone **888-391-0354**, email at [info@theworldwidethreat.com](mailto:info@theworldwidethreat.com) or text at **828-330-4883** and we will be glad to discuss all of this.

We hope to see you next Thursday for latest instalment of the Worldwide Threat. Until then, we will leave you with one last thought.

Jesus says in John 14:1-3, 27-28;

**Jesus is the way to the Father 14 Jesus said to his disciples, ‘Do not be sad or afraid. Believe in God, and also believe in me. 2 There are many rooms in my Father's house. I will go now so that I can prepare a place for you there. If it was not true, I would not have told you this. 3 After I have prepared a place for you, I will return. Then I will take you so that you will be with me. You will be where I am...27 I will go away but I will give you a gift of peace. It is mine to give and yours to keep. It is not like a gift that this world gives. Do not let yourselves be sad. Do not be afraid. 28 You heard me say to you, “I will go away, but I will return to you.” (EEV)**



**Disclaimer:** The ideas and suggestions in these guides are not meant to provide professional advice. We suggest you communicate with professionals in all areas to design and prepare for any threats you or your family may face. These guides and information are provided free for you to share with friends and family but may not be copied or used for commercial or business use without our written permission.

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