

# Epigenetics, **Dirty Genes** and Autism

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President and Founder of:

- [www.SeekingHealth.com](http://www.SeekingHealth.com)
- [www.DrBenLynch.com](http://www.DrBenLynch.com)
- [www.DirtyGenes.com](http://www.DirtyGenes.com)
- [www.StrateGene.org](http://www.StrateGene.org)
- [www.MTHFR.Net](http://www.MTHFR.Net)



“It is more important to know *what sort of person* has a disease than to know *what sort of disease* a person has.”

- Hippocrates

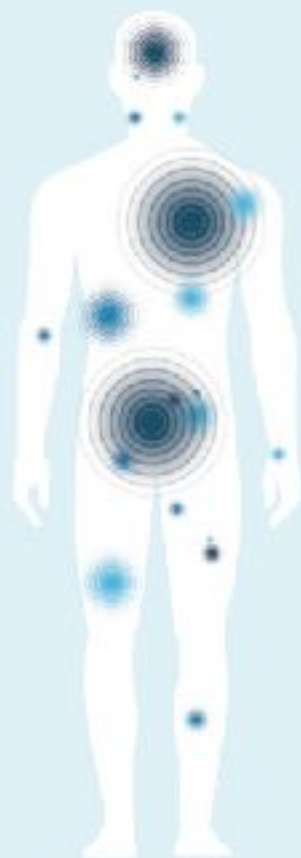
## New Therapeutic Options for Autism Spectrum Disorder: Experimental Evidences

Although a number of intriguing candidate genes have been identified by GWAS, a comprehensive meta-analysis of common genetic variants in ASD has failed to identify any that are statistically significant.<sup>92</sup>

## Environmental Factors

### CAUSES

Air Pollution  
Poor Sleep  
Negative Mindset  
Medications  
Sugars / Carbs  
Overeating  
Inflammation  
WIFI  
In Utero Exposures  
Tap Water  
Breathing Improperly  
Toxins  
Infections / Mold  
Nutrient Deficiencies  
Stress  
Processed Foods  
Chemicals



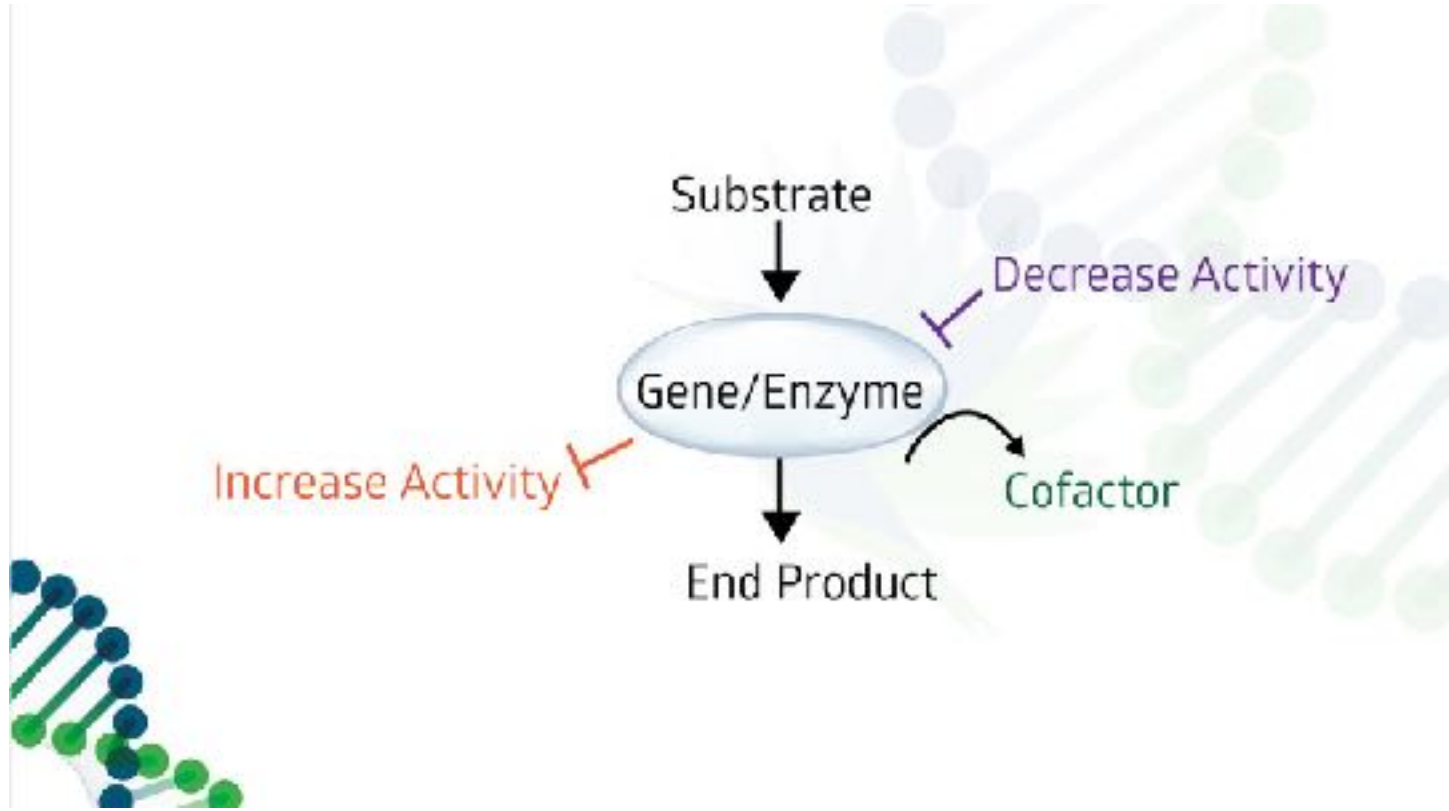
Person with

## Dirty Genes

### EFFECTS

Altered Gene Expression  
Symptoms  
Development of Disease

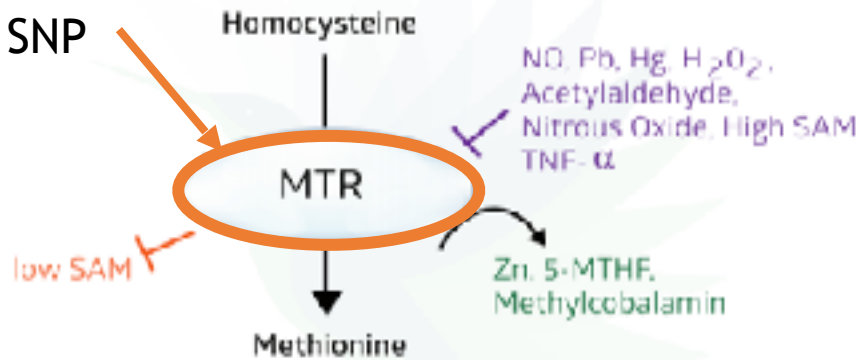
# THE MODEL



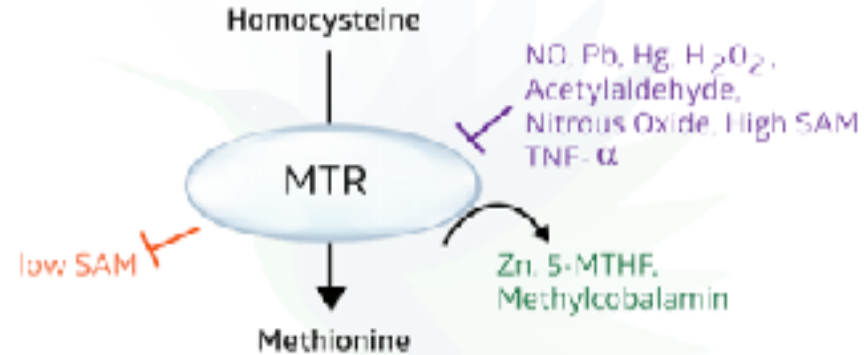
# A Dirty Gene

**BORN DIRTY**  
(some people)

**RELEVANT  
SNP**

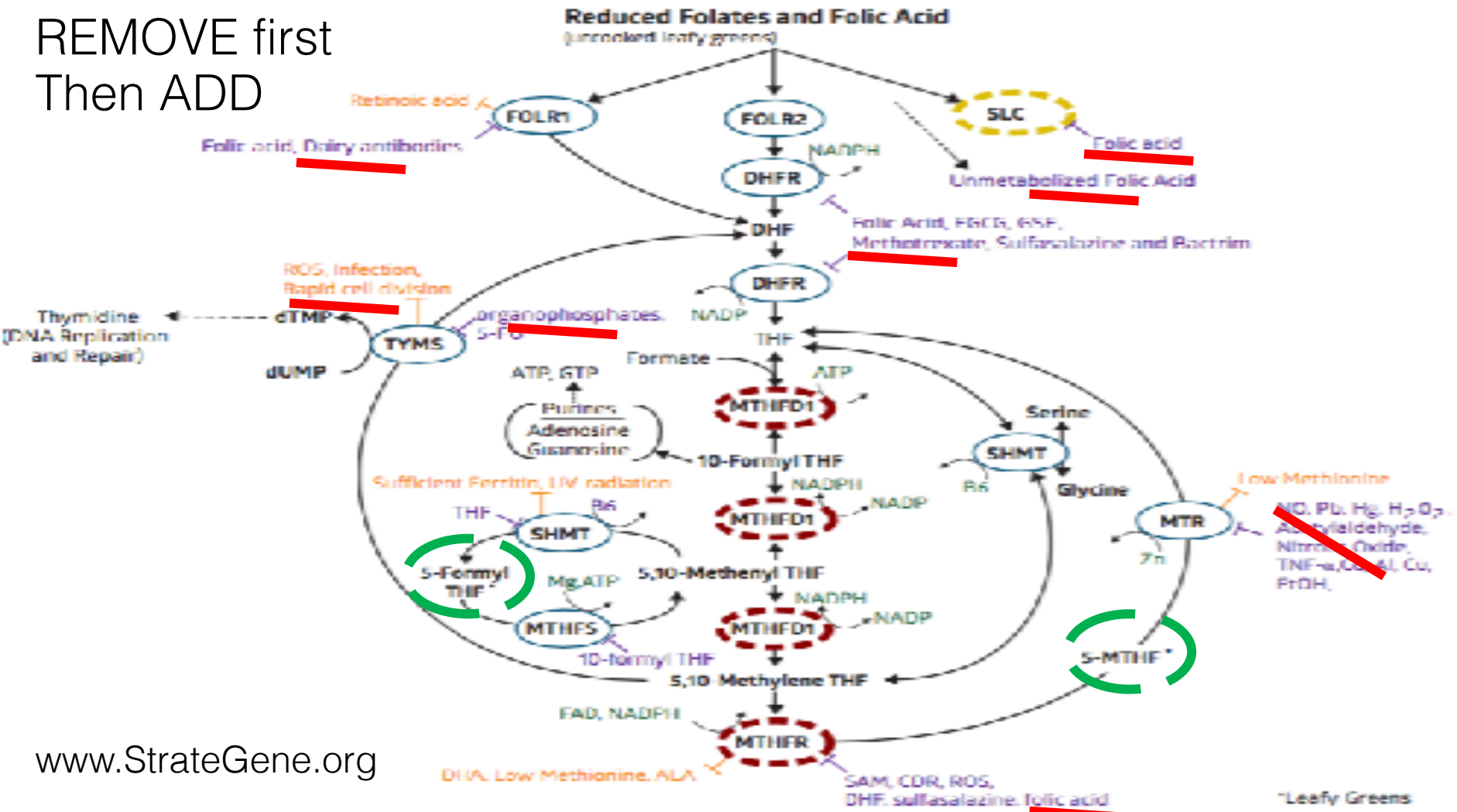


**BECAME DIRTY**  
(most people)





REMOVE first  
Then ADD





# Environmental Factors

## CAUSES

Clean Air  
Restful Sleep  
Laughter  
Community  
Real Foods  
Sauna  
Vacation  
Active Lifestyle  
Breastfed  
Pure Water  
Breathing Properly  
Organic  
Meditation  
Targeted Nutrients  
Hobbies  
Preconception Care  
Non GMO



Person with

## Clean Genes

## EFFECTS

Healthy Gene  
Expression

Elimination of  
Symptoms

Optimizing Life

**What do the genes look like of autistic children – regardless of genetic problems?**



27/11/2010 09:32

# The Super Seven (they get dirty)



## **Methylation Master**

Some days you're blue and depressed, while other days you're anxious. On good days, your focus is great and you get stuff done. On bad days, you have performance anxiety, a hair-trigger temper, and/or headaches—or maybe you just feel grumpy. After eating a salad you tend to feel great, but you've never paid attention to that because, after all, it's just a salad.

MTHFR

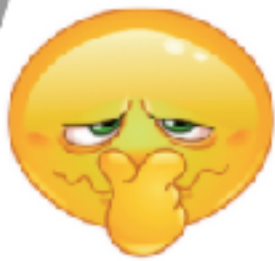
Leafy greens

Riboflavin

Creatine / PC

~~Folic acid~~

MTHF/ Folinic acid



## **Detox Dilemma**

Ever since you figured out that chemicals and smells make you feel sick, you've been on a mission to get rid of such stuff from your home. That neighbor of yours is using scented dryer sheets—again! Those give you a headache within seconds. Your friends wonder why you're such a clean freak. But you know that you're tuned in and sensitive to these things because you have to be.

**GST / GPX**

**Glutathione (B2 / selenium / Mb)**

**Sauna / Hot Baths**

**Air purifiers**

**Water purifiers**

**Avoidance**





## **Super Sensitive to Food & Toxins**

You are so tired of not knowing what you can and can't eat. One meal you're good, and the next you feel awful: throbbing head, irritable mood, sweaty body, racing heart, itchy skin, bleeding nose. Perhaps you've even spent a ton of money on food allergy testing—and found nothing!

# DAO

## Histamine reduction

## Probiotics (right ones)

## Gut infections

## Gut healing

## Stress reduction



## Cell Membranes & Liver

Ever since you switched to a vegan or vegetarian diet, you've felt just a bit off. Your mind isn't as sharp, you're forgetting things, and you've got aches and pains all over your body. As an omnivore, you felt good overall, though you did have some aches and pains. Your liver felt heavy then, and it still does—just under your right-side ribcage. Fatty foods just don't sit right with you either.

PEMT  
Phosphatidylcholine  
Liver support  
Healthy food choices  
Creatine



## **Mood Swings**

## **Carb Cravings**

Carbs. CARRBS! Man get me some of those! My grocery cart looks like I work for the grain and chocolate industry! I feel soo great eating them but I know I shouldn't. When I don't eat them, I get blue and depressed. The problem is I eat these carbs and they pick me up for a moment and then I crash. I'm stuck!

MAOA (fast)  
5-HTP  
Complex carbs  
Protein  
Craving vs Hunger  
Yeast?



## **Irritable Insomniac**

You're easily startled and quick to become anxious or irritated. You can become aggressive and later feel bad for overreacting. You just can't seem to help it. You always have to watch out for headaches, especially when you eat cheese, wine, or chocolate. Falling asleep at night is always tough, but once you do, at least you sleep soundly through the night.

MAOA (slow)  
Riboflavin  
Personal Time  
Circadian Rhythm



## **Focused & Buoyant**

Man, you're on fire! ADHD?—not in this house. You're cranking away on several projects and already eager for the next one or five. As you lie down to sleep, you're still cranking away. After tossing and turning, you finally doze off, dreaming of tomorrow's tasks. Tomorrow arrives. Coffee is needed. You put pressure on yourself, and if you're not accomplishing what you need to, anxiety sets in, so you focus harder to get everything done.

COMT (slow)  
SAME  
Magnesium  
Awareness  
Vacation



## **Laid-back and Calm**

Look at that blinking light! Did you see that dog over there? Man, I wish I could read a book, but I just can't focus. You're always jumping from one task to another, and it's hard to get much done. Friends have suggested that you might have ADHD. You also love shopping and buying new things! The problem is, you feel great buying them, but the next day the "shopping high" wears off, and you find that you need to buy something else or you start feeling blue.

COMT (fast)  
Tyrosine  
Protein  
Awareness  
Community  
Hobbies



## Heart Issues

You're freaking out. Your dad, uncle, grandma, and grandpa all had significant heart problems when they were around fifty years old, and now you're getting there. Your doctors check your heart and say it looks okay—but are they checking everything they need to, or are they missing something? Your hands and feet are constantly cold, but your doctors say that's nothing to worry about.

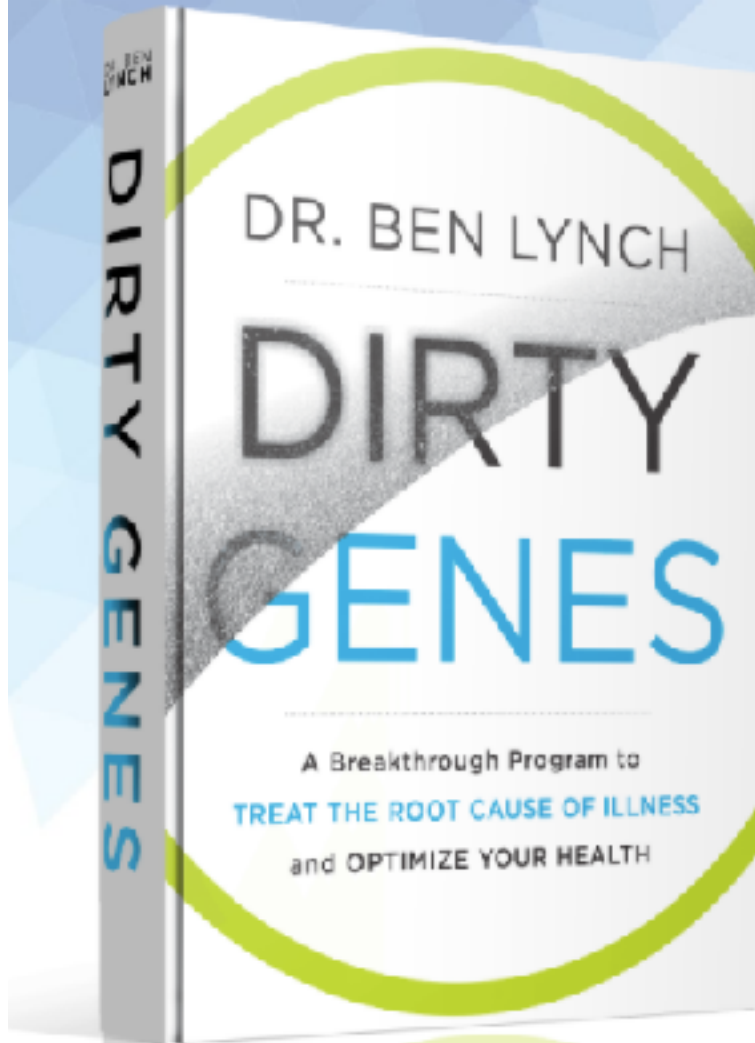
NOS3  
Arginine  
Glutathione  
Creatine / PC  
Vacation  
Infections? Mold?

**Ultimately – what is  
triggering your genetics?**









# Discover your genetic potential

Free Bonus Chapter

Get Dr. Lynch's  
26 Steps to Clean Genes

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