

ADDICTION



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The purpose of this presentation is to convey information. It is not intended to diagnose, treat, or cure your condition.



Your Genes Are NOT Your Destiny!

Ben Lynch



- Genetics
- Methylation
- SNPs
- *Dirty Genes*

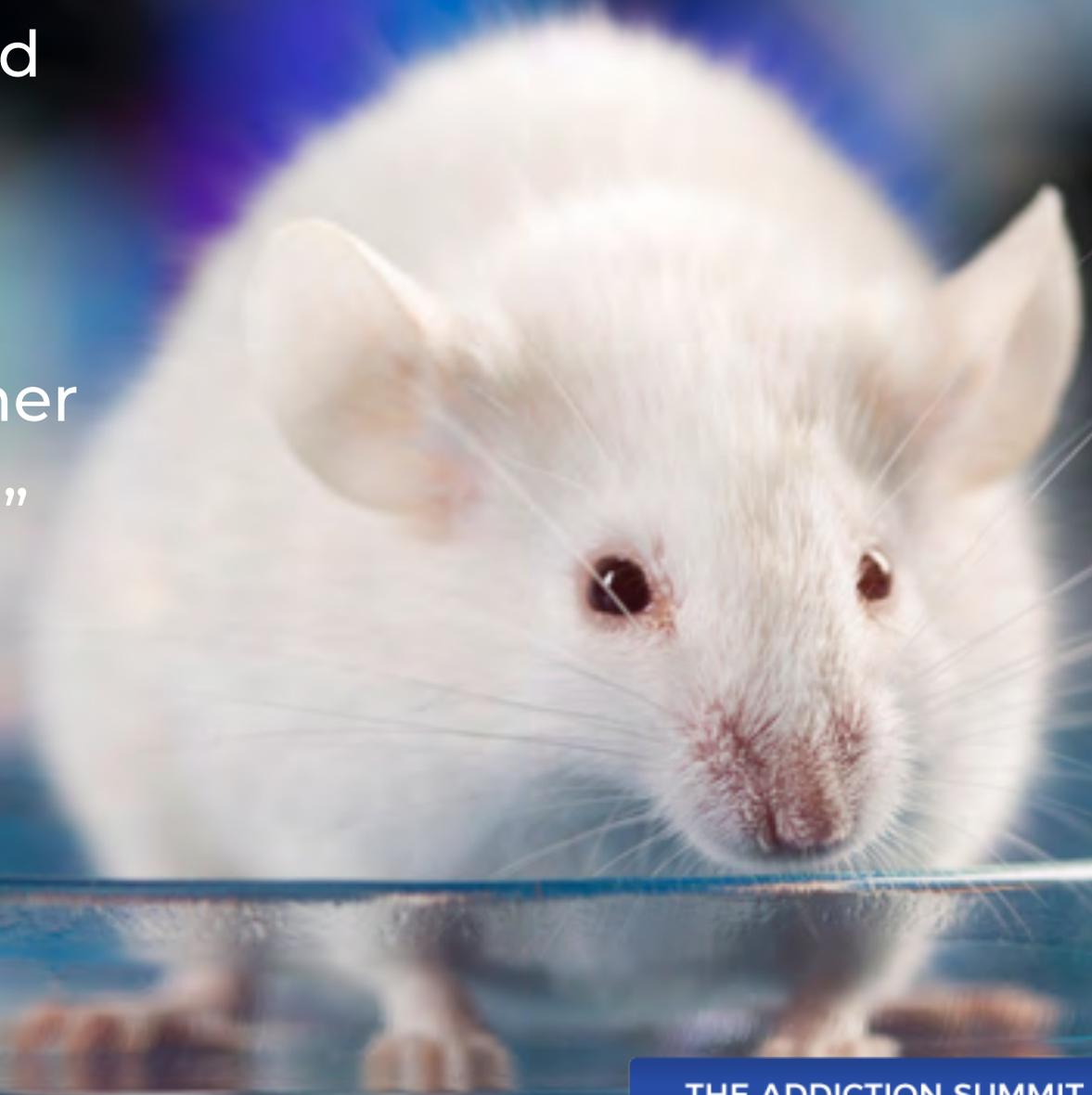
“Naturopathic medicine really teaches us why. And if you understand why, that allows us to make change. So I believe that naturopathic medicine empowers individuals to understand why something happens and then guide the individual to be able to make the change themselves and feel great.”



“That stress piece is huge because if that’s affecting your serotonin, your ability to be calm, that’s affecting a lot of things that affect addiction.”



“The rats who had the bisphenol-A in the standard rat chow went on to get diabetes, cardiovascular disease, and cancer. The other rats, the other mice didn’t.”



A close-up photograph of a woman with dark hair sleeping peacefully in a bed. She is lying on her side, resting her head on a white pillow. Her eyes are closed, and she has a slight smile on her face. She is wearing a white tank top. The background is a bright, soft-focus light blue and white, suggesting a bright, airy environment. The overall mood is calm and serene.

“Sleep is repair time. Sleep is the time your tools are in the shop, sharpening themselves, cleaning things up, getting the rust off. Sleep is the time of cleaning, big time. So if you're not sleeping, you definitely have dirty genes.”

“Folic acid, people should
avoid it completely.”

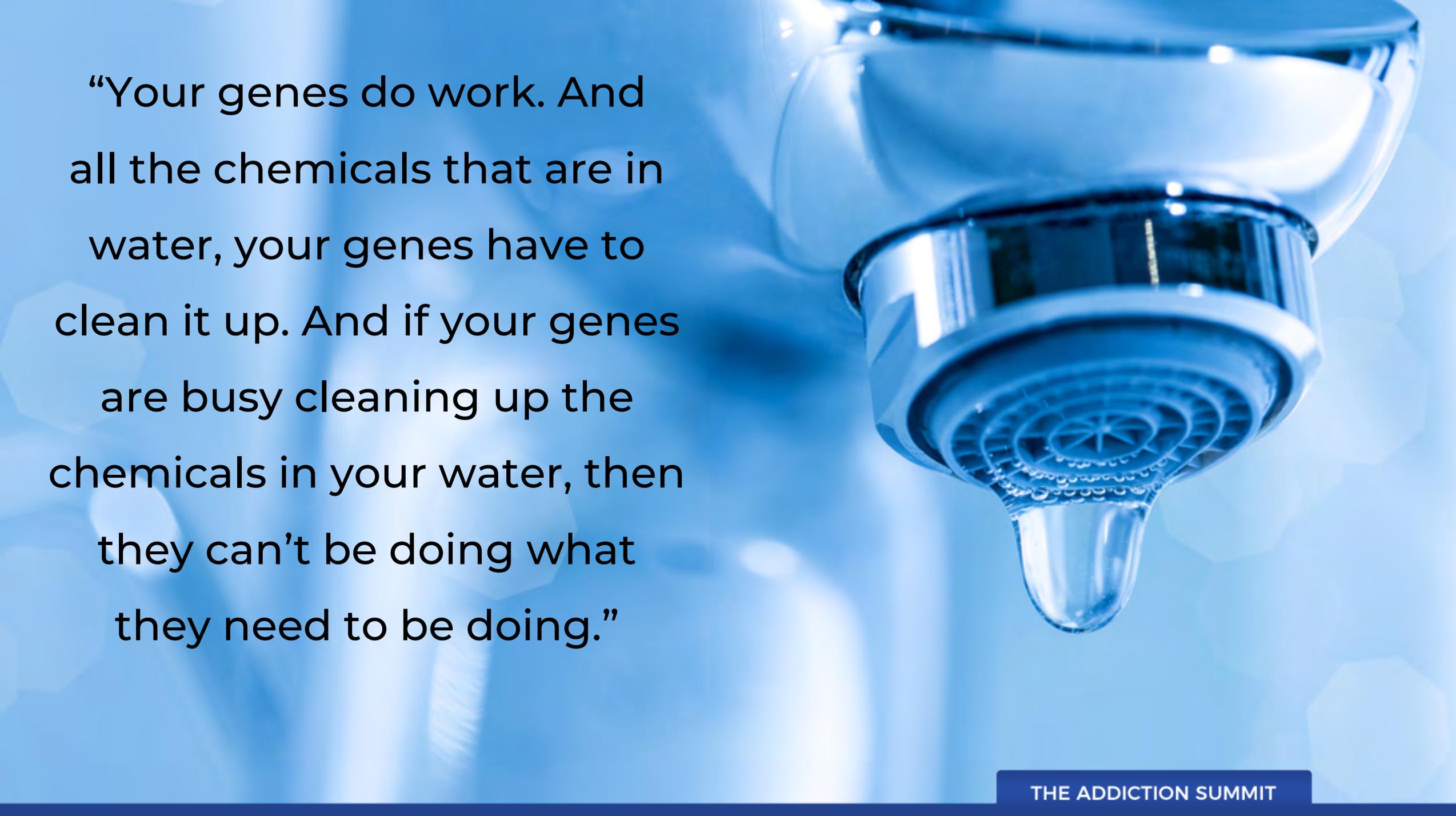


“The general principles are that if you do general simple things like breathing, sleeping, all these things, you're going to be supporting your general genes.”

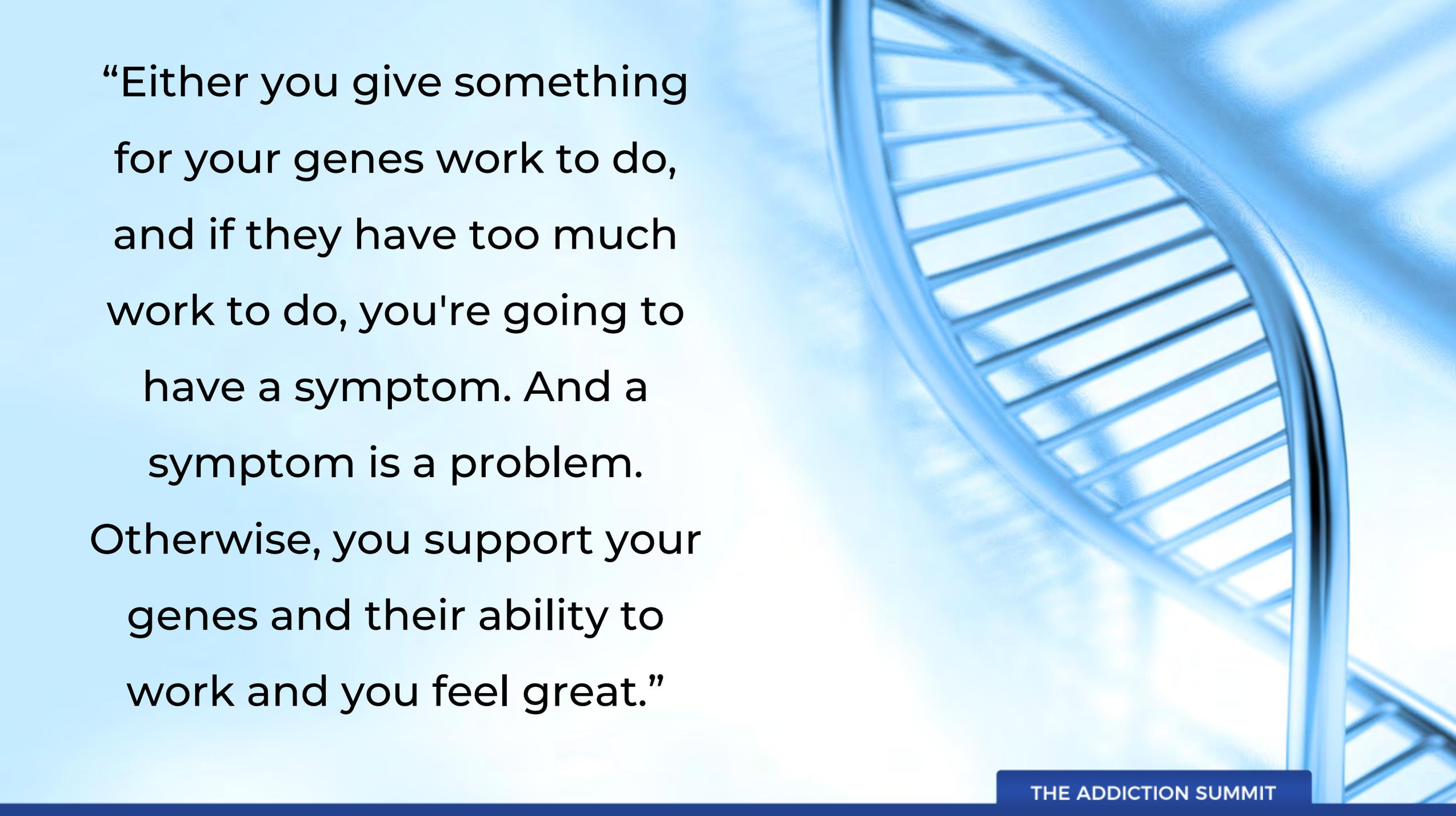


“The people who spend the most time on social media tend also to be the most depressed.”





“Your genes do work. And all the chemicals that are in water, your genes have to clean it up. And if your genes are busy cleaning up the chemicals in your water, then they can’t be doing what they need to be doing.”



“Either you give something for your genes work to do, and if they have too much work to do, you're going to have a symptom. And a symptom is a problem. Otherwise, you support your genes and their ability to work and you feel great.”

“You need real food.
I just say shop the
perimeter of the
grocery store.”



“Turn off the news. It’s a huge stressor. You don’t need it.”



“And the mindset has to shift, too. You’ve got to believe in yourself. I think a lot of addicts, also, they have lower dopamine. So they tend to be depressed. So they don’t believe.”



“With any supplement, you start low. You start increasing.”

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