

The value of functional biochemistry

It is possible firstly to measure these intermediary estrogens and also more importantly to determine the bottleneck and blockage that are occurring in the metabolic pathway of estrogen breakdown. This can be eliminated by supplementing with the correctly chosen nutrient or even a change in diet.

In men, Functional Biochemistry can check if you are accumulating too much **Dihydrotestosterone** (DHT), an unwanted by-product in the metabolism of testosterone that can lead to hypertrophy or enlargement of the **prostate gland**. This method of testing can also test what precise nutrient or herb would help to remove this unwanted by-product.

Another common example is a case of **osteoporosis**. Functional Biochemistry can test from a long list of nutrients required for optimum bone health, which particular nutrient and dose a particular person's bone is especially hungry for as well as the integrity of collagen and elastin which are equally important for bone health and integrity.

Due to biochemical individuality, there is no common nutrient or supplement that will suit or be required by everyone.

It is important to re-evaluate a person's biochemical needs every 2 to 3 months as naturally, the body's needs would have changed. **Whilst the body may be in need of a certain nutrient or herb and greatly benefit from this, to assume that we need to continue taking that forever more is wrong.** The body needs to be reassessed and rechecked from time to time.

Functional Biochemistry testing is provided in our clinic by Anthony Ryman who with his background training in Osteopathy and Applied Kinesiology, is able to combine both valuable skills in assessing and treating many common conditions including those that have a structural component to them.



What people say about their experience of their Functional Biochemistry testing sessions:

"I had **diarrhoea** for 4 years and having detected the presence of parasites and the correct herb and dose to eradicate this from my system through Functional Biochemistry testing, after 4 months and 3 sessions of testing with review and updating of my anti parasite prescription, it was a great relief to no longer suffer from diarrhoea." **W.F.**

"I suffered from **chronic fatigue** and with the help of Functional Biochemistry, clearing my system from bacteria and parasites, it was clear that my energy pathway was blocked as I was short of CoQ10. Taking the correctly measured dose of CoQ10, my energy levels are hugely improved." **A.D.**

"I have been suffering from **terrible depression** and was on a cocktail of medication for this and getting no where. With Functional Biochemistry testing I was found to be low in Serotonin because I was so deficient in P5P (an active form of Vit B6). Since taking that as well as improving my Thyroid function, I have managed to wean off some of my medication and feel so much better and brighter." **C.J.**

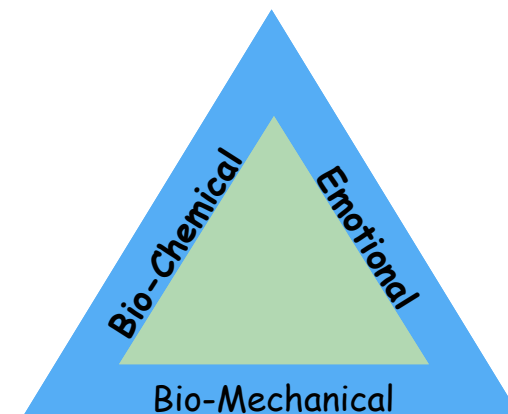
"With a diagnosis of **breast cancer**, I was desperate to try anything to stop it from recurring. From reading so much about what one can take, I ended up on a huge list of self prescribed nutritional and herbal supplements only to find with Functional Biochemistry testing that my body was being weakened by most of these. Once we had established precisely what my body was deficient in, including the fact that I was not methylating certain estrogens & starting on my new supervised programme, I felt immediately better, stronger and clearer in my head." **JH**

"From my diagnosis of **breast cancer**, I used Functional Biochemistry to work out why I was not breaking down my estrogens which also showed on my saliva hormone tests. It turned out that I was short of Iron which was contributing to both my high estrogen and high testosterone levels and yet my blood tests for Iron was "normal". Within a few days of taking 3 caps of Iron C I started to feel myself again, that "hollow" feeling inside me disappeared, I no longer felt so cold and I didn't feel the need to lie down so much. For the first time in years I had the energy to do things." **SD**

"It is a great relief to not have to work out in my head what supplements I should take. Functional Biochemistry goes to the core of your symptoms and incredibly **finds that one main nutrient that fixes several different symptoms**" **JM**

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What is functional biochemistry

Functional Biochemistry is a system that evaluates our structural, emotional and biochemical functions using muscle testing or Applied Kinesiology.

This is based on the principle that **the body does not lie**. Even if our minds might be confused or overwhelmed with facts, information and choices, our body through the weakening or strengthening of a muscle response can be a useful indicator of what it really wants.

Something that weakens a strong muscle is considered detrimental to the body and conversely, something that strengthens a weak muscle is considered beneficial to the body. For example, placing some margarine (loaded with trans fatty acids) onto a persons body would inevitably cause a strong muscle to weaken indicating that the body cannot tolerate this substance (similar to the way the body would naturally respond to a toxic exposure). On the other hand, placing some organic butter on their body will not weaken a strong muscle demonstrating that it is not a stress to the body.

Whilst conventional tests are very useful and valuable, they are limited in offering all possible explanations for a person's symptoms. It is for this reason that we incorporate Functional Biochemistry testing to complement other methods of testing.

For example, we may find on blood tests that a person has **elevated cholesterol levels** and wishes not to take the orthodox approach of taking a Statin drug.

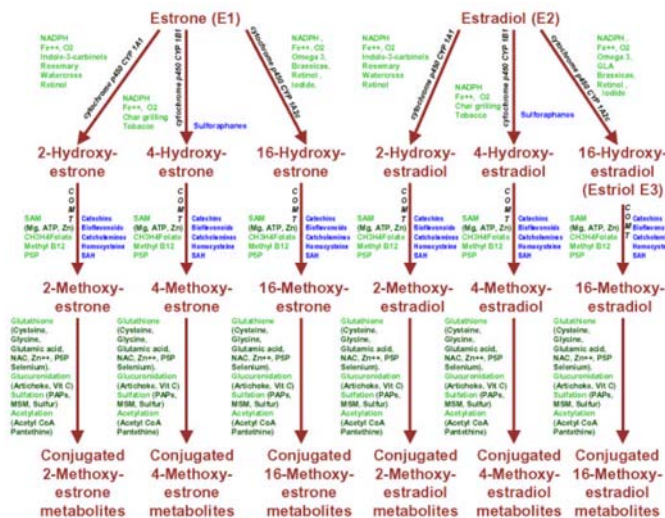
Using Functional Biochemistry, it is possible to determine exactly why the body is not processing cholesterol correctly - in other words the exact missing nutrient responsible for that pathway to work in that particular person can be detected as well as the correct dose to do this. Naturally, this specific requirement will be different in different people.

Another example is a case where saliva hormone tests show **elevated Testosterone and Estrogen levels** in a Post Menopausal woman and yet she is not even taking these hormones.

Functional Biochemistry in this case would not only confirm that these hormone levels are high but more importantly it can identify which intermediary estrogens are accumulating and which key nutrient as well as the exact dose is required to correct the problem.

In many instances, we know there is a problem in the biochemical pathway as shown by blood tests and saliva tests.

The challenging question is where specifically does the problem lie & what precise nutrient is required to clear it?



Functional Biochemistry takes the guess work out of the equation. So the "maybe this will help me..." or "this is supposed to help reverse..." or "the write ups are so good on this new product, I had better take some too..." is too much of a hit and miss approach costing time and money.

With Functional Biochemistry being able to determine precisely what and how much you need of a certain nutrient or herb, **it is possible to see positive effects very quickly.**

Functional Biochemistry is an intelligent system of testing that incorporates the five basic systems that affect a person's health and well being:

- The nervous system
- The lymphatic system
- The vascular system
- The cranio-sacral system
- The acupuncture meridian system

Functional Biochemistry is a useful method to test for:

- Parasites, Fungus, Virus, Toxic Metals, Radiation & Chemicals
- Brain Neurotransmitters levels
- Energy Pathway & Chronic fatigue
- Genetic inherited deficiencies
- Emotional stress as well as Unconscious repressed emotions
- Hormone Pathways
- Elastin, Collagen, Ligament and Bone requirements
- Weight problems
- Food Intolerances
- What is the underlying cause of pain in the body

As with blood microscopy where "seeing precisely what your blood looks like under the microscope is believing", with Functional Biochemistry, "feeling exactly when your muscle locks strong as a response to receiving the correct nutrient and dose is believing".

Functional Biochemistry is extremely helpful to answer those difficult questions when other treatments or explanations seem not to work. It is another tool with its value and limitations which is why in our clinic we do not rely only on one method of testing alone.

Let us take a common example of a woman with **breast cancer** or a man with **prostate problems**. In a normal healthy person, estrogens are processed and eliminated primarily by the liver but also by the kidney, gut and fatty tissues.

In both examples, using Functional Biochemistry, one can find not only the presence of high levels of all 3 estrogens (even in men) but more importantly, an accumulation of a specific **intermediary estrogen** - that is an estrogen compound on its way out of the body but got stuck at one level. It is these intermediary level estrogens that are in fact more harmful as they have the potential to encourage or accelerate tissue growth (Pro Proliferation).