



**The Perfect Diet for Your Health**

**Dr. Neil McKinney, BSc, ND**

# Integrative Medicine for Life

- The Apo-E Gene Diet™ is a wholistic program of diet, exercise and mind-body practices for the treatment or prevention of chronic diseases.
- The *Perfect Gene Diet™* program was created by Pamela McDonald, Nurse Practitioner. She completed a 2 year Fellowship in Integrative Medicine with Andrew Weil, MD, in addition to decades of practice and study in Nursing and Preventative Medicine

**The APO E Gene Diet  
Medical Practice Program**



A breakthrough in changing cholesterol, weight, heart  
and Alzheimer disease using the body's own genes

# The APO E Gene Diet



Pamela McDonald, [www.apoe.com](http://www.apoe.com)

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# Feeding Your Genes

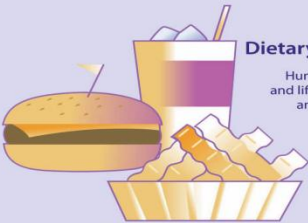


Genes are your inherited collection of biochemical skills. Which genes are active and productive depends on the demands of life we must adapt to, and the resources – nutrients! – available to express the genetic information.

# Food Is Life-Giving

- Proteins – Growth & Repair:
- Carbohydrates – Short Term Fuel™, regulated by Fibre
- Fats – Long term Fuel™, Anti-inflammatory





(A commonly consumed American Diet)

## Dietary Environment with Immune System Response

Human cells are made up of fat. Fat is essential for healthy cell function and life. Fat plays a role in cell protection, communication, nutrition intake, and waste removal. In addition, the brain is approximately 60% fat. Humans receive fat from their diet.

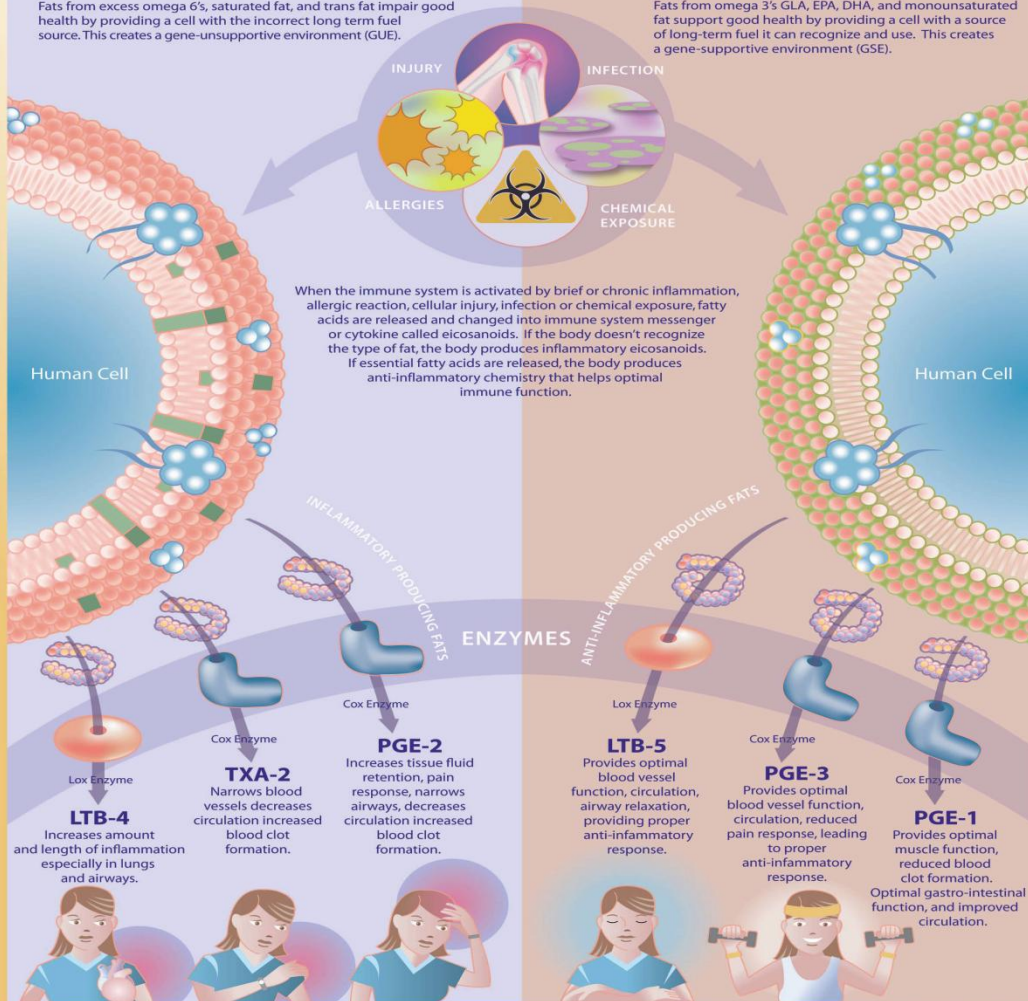


## CELL "EASE": Gene Supportive Environment (GSE)

Fats from omega 3's GLA, EPA, DHA, and monounsaturated fat support good health by providing a cell with a source of long-term fuel it can recognize and use. This creates a gene-supportive environment (GSE).

PRODUCES INFLAMMATORY CELLULAR CHEMISTRY

PRODUCES ANTI-INFLAMMATORY CELLULAR CHEMISTRY



Apo-Lipoprotein E genetic analysis reveals 6 different biochemical types of human being.



Genotype	APO E 2	APO E 3	APO E 4
Genotype Variant	2/2 (1%)    2/3 (10%)	3/3 (64%)	4/2 (2%)    4/3 (18%)    4/4 (5%)

**Gene Supportive Environment™ (GSE)**

**Macronutrients vary for each genotype**  
**FAT – CARBOHYDRATE – PROTEIN – CALORIES**

# Epigenetics

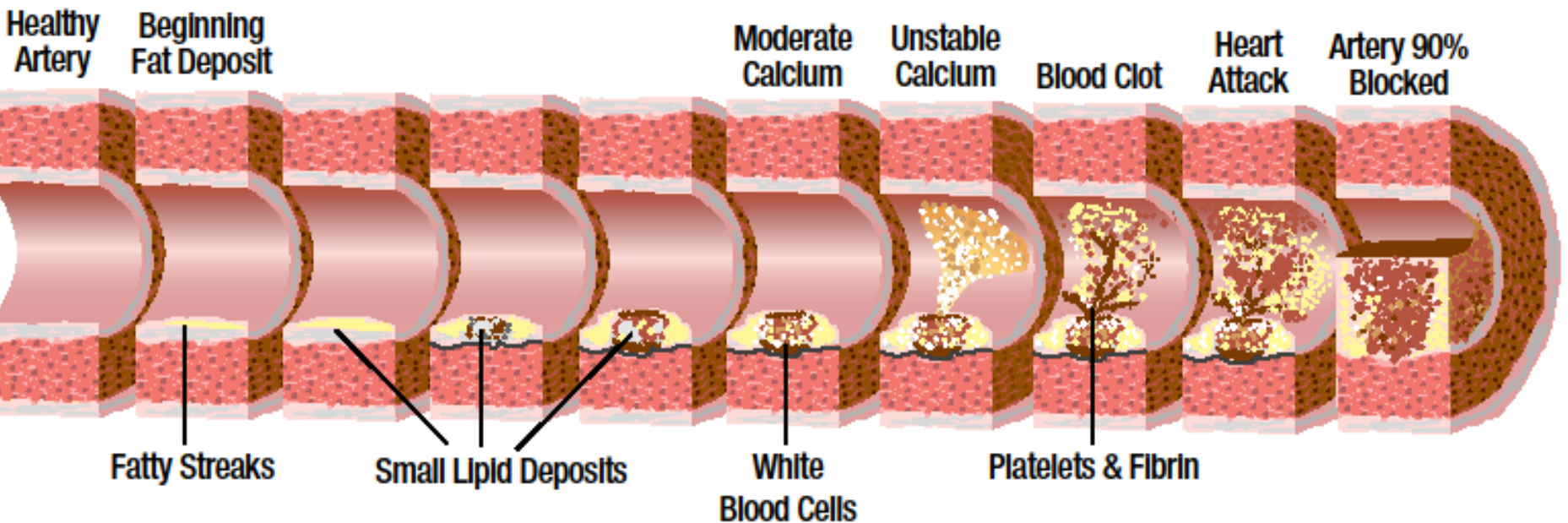
- Genes are inherited. A gene can be locked down, or open and ready to read. It can have variants which make cell functions run at various speeds. What is running your body right now is not your genes, but your epigenetic regulatory proteins, fats and starches. Your entire being's health and balance flow from nutrition and lifestyle patterns interacting with your particular biochemical patterns.

# APO-E is a Key to Health

- Your Apo-Lipoprotein E gene determines your ability to detoxify, regulate blood fats, and repair blood vessels.
- This impacts your risk of Cancer, Heart Disease, Stroke, Aneurysm, Alzheimer`s Dementia, Parkinson`s Disease, Macular Degeneration, and Multiple Sclerosis.

# Artery Wall Disease Progression

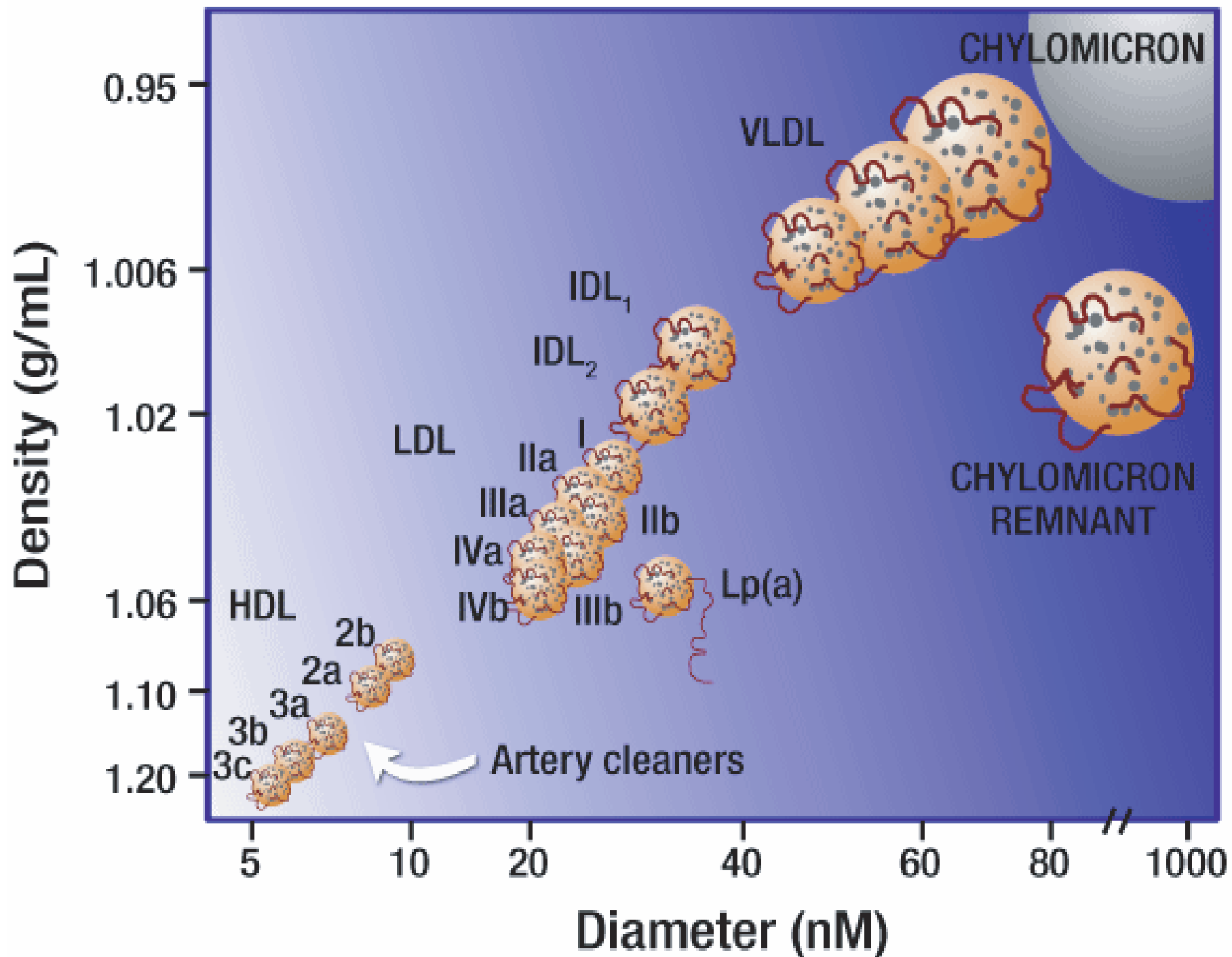
*Artery Disease Develops From A Gene Unsupportive Environmental (GUE)*



Artery wall disease progression –  
over exposure to LDL with poor artery cleaning ability from low HDL

# What Your Doctor Tests

- TC – Total cholesterol
- LDL – ``bad`` cholesterol
- HDL - ``good`` cholesterol
- TG – Triglycerides
- These only detect 20% of cardiovascular risk!  
Many suffer & even die from CVD without ever knowing they were at risk due to cholesterol sub-fractions, homocysteine, insulin dysfunction, fibrinogen, poor vitamin D status and more.



# Blood Fats, their Apo Carriers, and Your Health

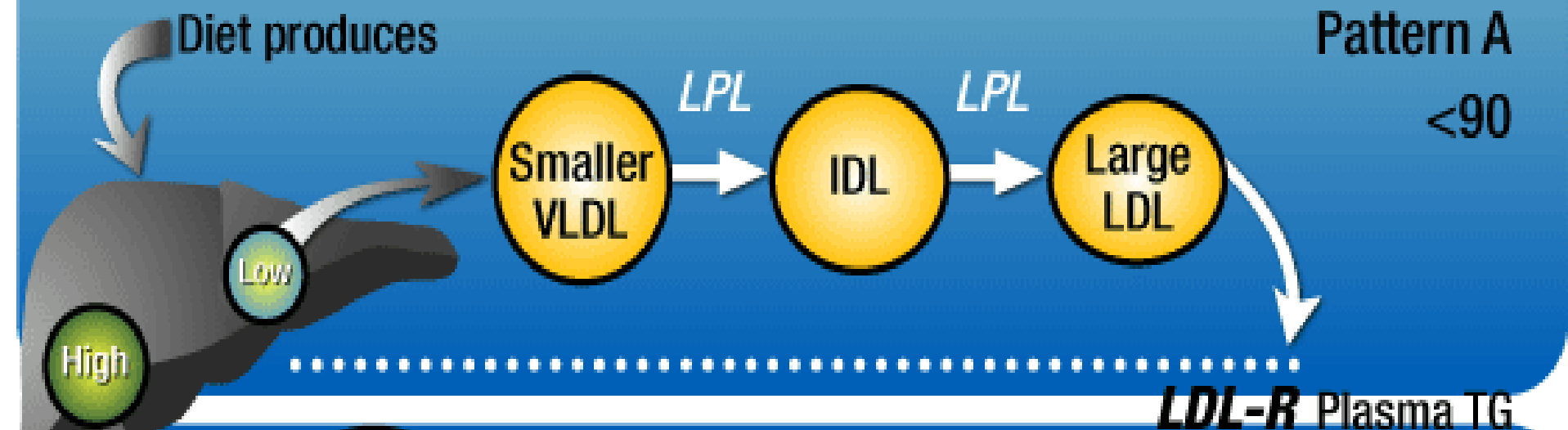
The bad ones -

- LDL III-a and III-b: can trigger arterial plaque
- LDL-IV-b: penetrates & damages arteries
- Apo-B: small, numerous, dangerous irritant
- Lp-PLA-2: acute stroke & heart attack risk
- Triglycerides: internal feeding if skipped meals

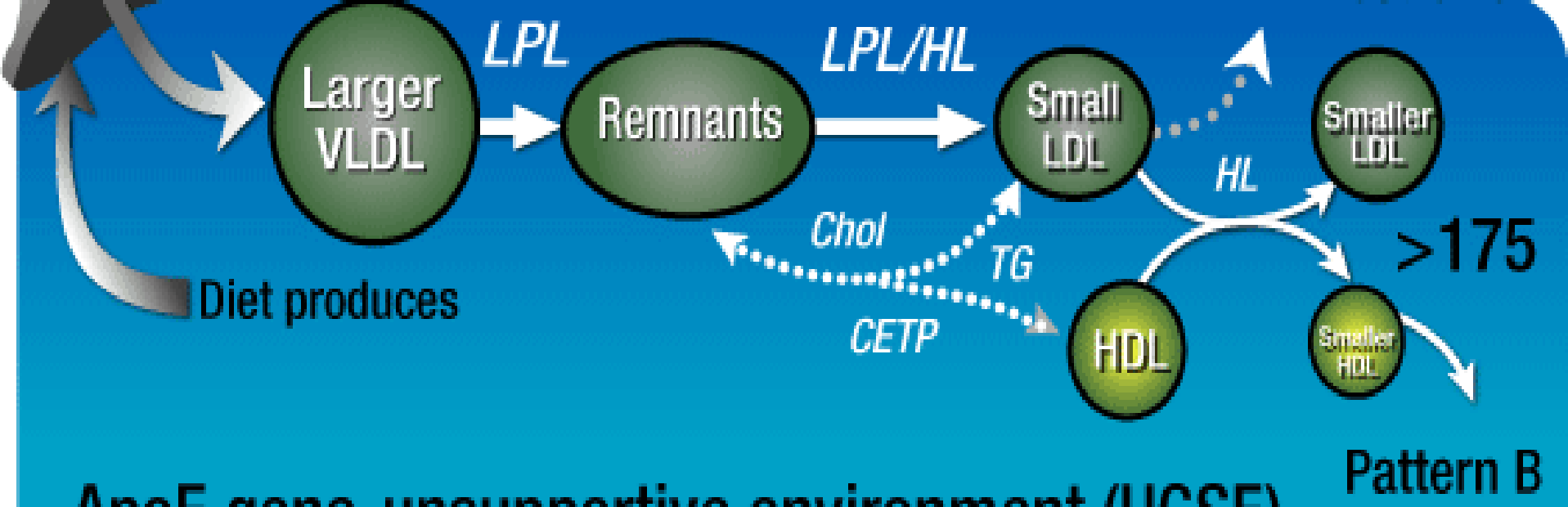
Versus the good -

- HDL 2b: arterial cleaner

# ApoE gene-supportive environment (GSE)



# ApoE gene-unsupportive environment (UGSE)



LDL ApoE gene  
unsupportive  
environment (GUE)

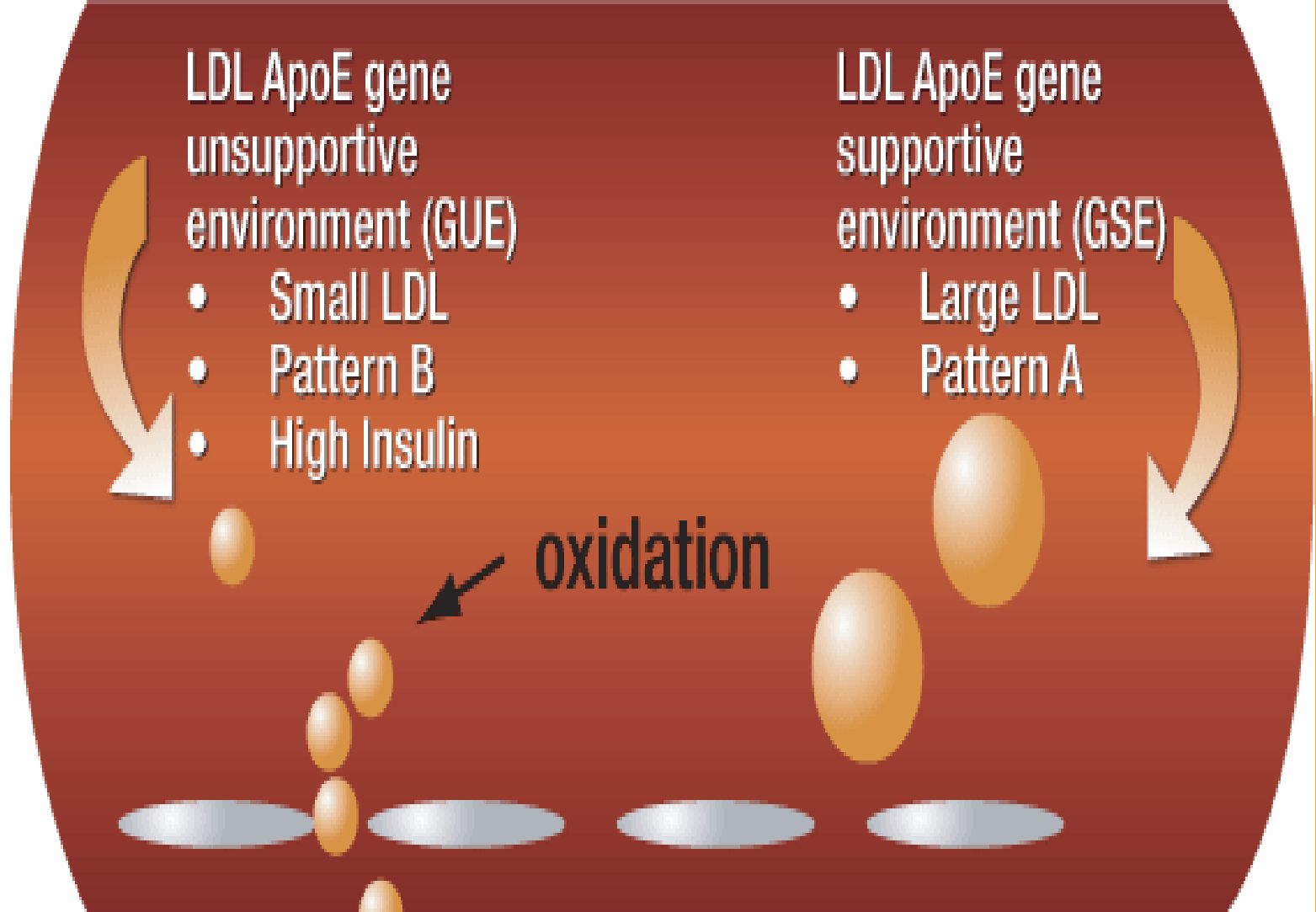
- Small LDL
- Pattern B
- High Insulin

LDL ApoE gene  
supportive  
environment (GSE)

- Large LDL
- Pattern A

oxidation

- Rapid LDL Entry
- Poor Artery Relaxation



# APO E Gene Diet Gene Supportive Environment (GSE)



	APO E 2		APO E 3	APO E 4		
Genotype	2/2	2/3	3/3	4/2	4/3	4/4
Incidence Of Gene Expression	1%	10%	60%	2%	20-22%	5-7%
Genetic Base Pairs 112 and 158	TGC/TGC (Cys/Cys) TGC/TGC (Cys/Cys)	TGC/TGC (Cys/Cys) TGC/CGC (Cys/Arg)	TGC/CGC (Cys/Arg) TGC/CGC (Cys/Arg)	CGC/CGC (Arg/Arg) TGC/TGC (Cys/Cys)	CGC/CGC (Arg/Arg) TGC/CGC (Cys/Arg)	CGC/CGC (Arg/Arg) CGC/CGC (Arg/Arg)
Toxic Clearance	Very High Clearance	Moderately High Clearance	Moderate Clearance	Moderate Clearance	Poor Clearance	Very Poor Clearance
Gene Supportive Environment (GSE) Diet	Very High Fat No Processed Carbohydrate	High Fat No Processed Carbohydrate	Moderate Fat	Moderate Fat Strict Limitations	Low Fat Strict Limitations	Vegetarian Strict Fat Limitations
Alcohol	Benefit with normal triglycerides—has been shown to increase HDL		Increases LDL	Strong recommendation to avoid All Alcohol Increases LDL and decreases HDL		
High Fiber Diet Whole Soy Food Plant Sterols (e.g. Avocado)	Optimal servings of these foods reduce LDL cholesterol in all genotypes					
Omega 3 Supplement	Decreases triglycerides, small dense LDL and increases HDL		Decreases triglycerides, small dense LDL and increases HDL	Decreases triglycerides, small dense LDL. Increases LDL and decreases HDL		
Exercise maintains a Gene Supportive Environment (GSE)*	55% Aerobic 45% Anaerobic	55% Aerobic 45% Anaerobic	50% Aerobic 50% Anaerobic	50% Aerobic 50% Anaerobic	75% Aerobic 25% Anaerobic	75% Aerobic 25% Anaerobic

# Achieving the Perfect Diet

- Healthy food choices
- Reading nutritional labels
- Healthy food exchanges
- Understanding the Glycemic Index
- Anti-inflammatory foods
- Healthy shopping list
- Menus, recipes





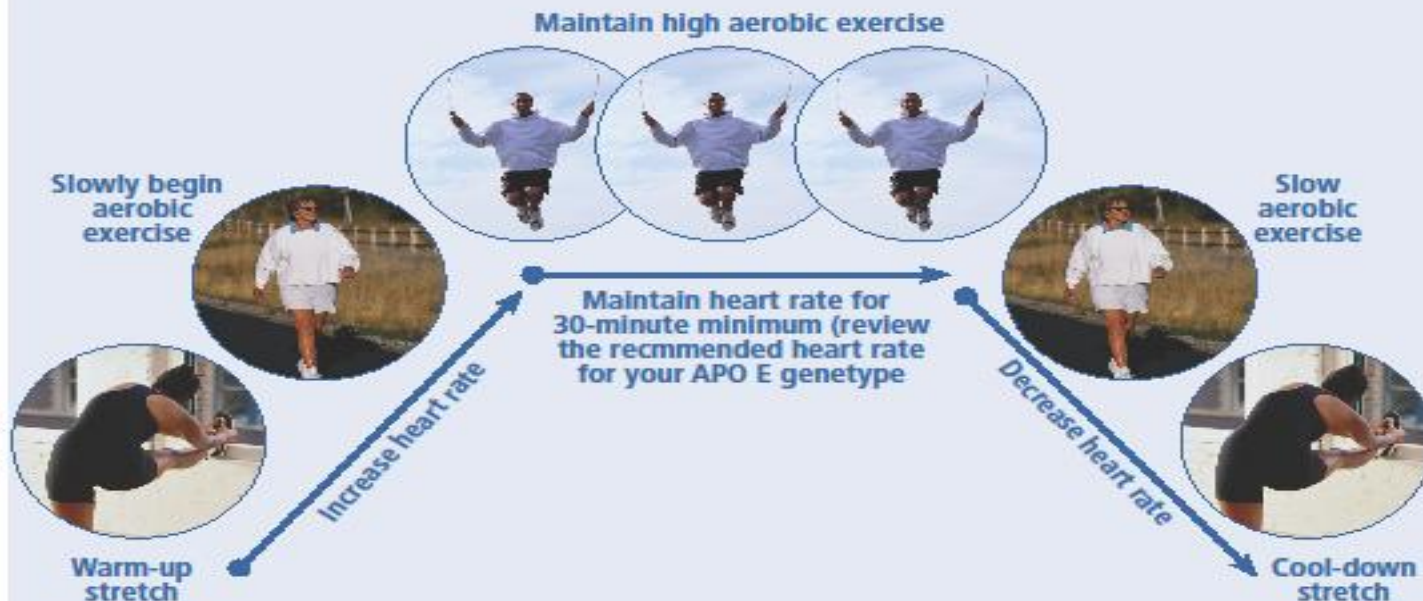
# A Complete Exercise Program

A normal blood sugar is recommended for optimal exercise benefit. To obtain a normal blood sugar for optimal exercise fueling - consider eating a balance meal containing all food groups protein, fat and carbohydrate within 30 - 90 minutes before exercise.



## A typical complete exercise session

Aerobic exercise prescription vary with individual Apo E Genotype and current patient exercise ability.



# ApoE Gene Diet Program

- Complete diet prescription by gene type
- Body composition and blood testing, physical examination by a licensed physician.
- Extensive personal dietary counselling:  
caloric limits, food exchanges, menus, shopping list, reading labels, recipes.
- Food diaries, food supplements.
- Progressive exercise regimen with daily log.
- Integrative mind-body-spirit practices.

# Integrative Supports for Perfect Health

- Mindful breathing
- Journaling
- Reiki healing
- Stress management
- Relaxation skills
- Life goals assessment
- Spirit –dimensions of meaningful existence

# Usui Universal Spiritual Energy Healing Method

靈氣

Reiki

USUI SHIKI RYOHU



# The Perfect Gene Support Team

Talia Ripley, RNCP

- Registered Nutrition Consulting Practitioner
- Personal Trainer
- Complete diet and exercise prescription for health and healing.



# Lynda McKinney

- Reiki Master –  
Authentic Japanese Art  
of Reiki
- Reiki Master Teacher
- Ceremonies for Healing,  
Joining Together and  
Releasing.



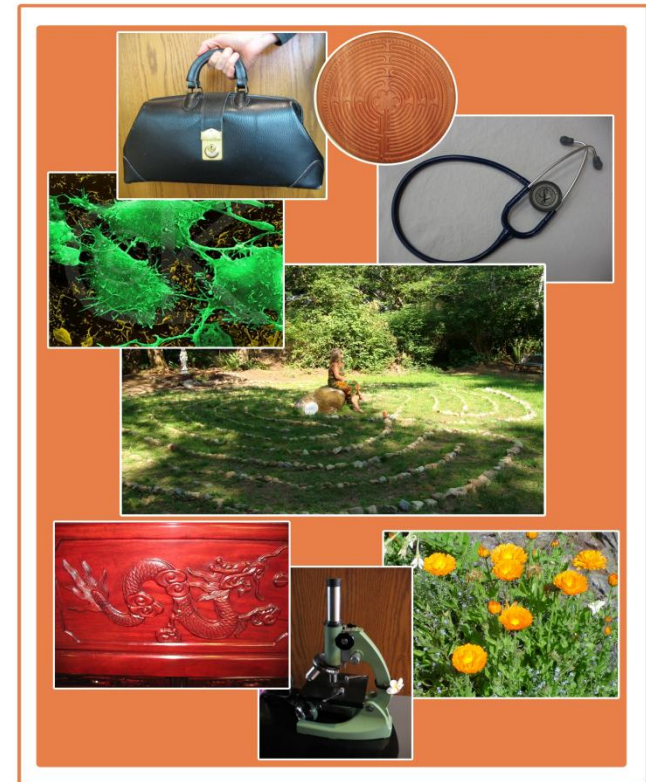
# Dr. Neil McKinney, BSc, ND

- Professor of Naturopathic Oncology
- Clinical practice of integrative medicine for 27+ years
- Licensed provider of the Apo-E Gene program.

Vital Victoria  
[www.drneilmckinney.ca](http://www.drneilmckinney.ca)

## NATUROPATHIC ONCOLOGY AN ENCYCLOPEDIA GUIDE FOR PATIENTS & PHYSICIANS

DR. NEIL MCKINNEY, BSc, ND



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