

The Secret To Fixing The 20%

by Dr. Eric Balcavage
The Methylation Doctor™

If you've been in healthcare especially functional medicine for any length of time you know that getting 80% of the people who come to see you better is fairly easy.

You improve their diet, sleep, fitness, and basic metabolic processes like gut function and blood sugar regulation and bingo, significant change and improvement in that person's health occurs in just a few months.

You also know however that there is a growing 20% of people who come to see you who have already failed with medical care and functional medicine and are looking for someone who can help them in a way others have not.

How would you do that?

Can you look them in the eye with certainty that you can help them?

These are some of the sickest most dysfunctional people.

What will give you that confidence?

What will be your secret be to help them when others have failed?

I know I came across this same conundrum.

What was I going to do for the patients that were coming to see me for chronic conditions that had seen some of the best functional medicine doctors in my area and just weren't getting better?

These people were suffering. They were struggling to get through each day.

They had already done autoimmune/anti-inflammatory diets, tried Paleo and vegan.

They had done gut protocols and detox protocols. They had spent thousands of dollars on supplements and yet they were still sick, still unhealthy.

I realized I needed to get a better handle on what was going on. I needed to understand what was going wrong with their physiology and metabolism.

They had already seen good doctors. They had already cleaned up their diet and were already taking good quality supplements; something else was missing.

In an effort to find that answer I stumbled upon methylation and epigenetics.

I put methylation away for a few months thinking I could move on without it. But, the sick people kept coming and I realized it was information I need to learn and master.

The more I studied methylation and all the pathways the more I began to see the big picture. Understanding methylation, what it is, what it does, how it impacts health and function, and what effects it, became the missing link.

The secret ingredient to helping people improve their health and function lie within understanding the complexities of methylation.

I also learned that many functional medicine practitioners had a very poor understanding of methylation and its impact on our health and vitality.

Very few doctors were doing more than just cursory support of the methylation processes.

I realized that no one was really doing a good job of teaching how methylation impacts all the different pathways, systems, and processes in our bodies.

There are lots of different camps teaching people how to test their genetics for SNPs and take supplements to support those SNPs but that to me is not what functional medicine is about or should be.

I realized if I wanted more people to understand the complexities of methylation and how to apply the understanding of methylation to improving the health, function, and lives of their patients it was going to be up to me to tie all the pieces together and make it applicable to daily practice.

For this reason I started teaching my friends and peers what I had learned regarding methylation.

I taught them what I learned and pieced together from hundreds of hours of studying research. I gave them clinical pearls to reduce their learning curve and quicken their rate of healing their patients.

That first bit of teaching led to my first Methylation Madness Seminar.

During that presentation I reviewed all of the cycles involved in the methylation pathways; Krebs's, Folate, Methionine, Urea, Biopterin, Transsulfuration, and Nitric Oxide. I explained them so that everyone in the room understood the steps of each cycle, what was needed for each step to work, and what inhibited each step.

I discussed the clinical manifestations we might see with problems at each step.

I discussed testing. What tests to run for the biggest impact and understanding of the patient's status with the smallest impact on the patient's wallet.

I reviewed metabolic panels and what some of these markers meant in terms of the patient's methylation processes.

I reviewed dozens of cases until the patterns became clear to the doctors in the seminar.

A comprehensive metabolic blood panel takes on a whole new meaning when you understand methylation and all the pathways involved.

One of the doctors in the group said, "this isn't just important for the 20% this is important for all our patients".

And she was correct.

All of your patients will have problems with their methylation pathways and processes.

All of them!

Doing what you are currently doing with diet and lifestyle change, supporting digestion and gut function, supporting proper fat and carbohydrate metabolism, supporting anemias, micronutrient deficiencies, and basic detoxification will help 80% of your patients improve.

Because whether you know it or not, you're improving their methylation doing those things.

But for a growing percentage of people, diet and lifestyle combined with genetics SNPs create more significant compromises to their methylation that will require a doctor to have a better understanding of these complexities.

To help these people you'll need more than a superficial understanding of methylation to get these people better.

When you do, you know why they reacted negatively to healthy foods and supplements.

You'll know why their HA1C and cholesterol went up on a really clean diet.

You'll know why they felt worse on a Paleo diet or Vegan diet.

You'll know why they were chronically exhausted and tired.

You'll have the answers to these and many more questions that others just weren't able to answer.

Not only will you have these answers, but you'll know how to think big picture to understand how to get these people better.

If your goal is to be the best functional medicine practitioner you can be, you must advance your knowledge of methylation.

Understanding methylation is like finding the Holy Grail in healthcare.

When you learn and understand methylation you hold the secret to improving the lives of the 20%. You become the light at the end of their tunnel.

You can learn this material on your own or you can come to my next Methylation Madness Seminar and I will teach it to you in a condensed easy-to-understand manner. I'll walk you through the steps of helping people from start to finish.

Here's what some of those who have already attended a Methylation Madness Seminar have said:

“Erica here.... I don't make a lot of posts on the board but after this past weekend at Eric's Methylation Madness seminar I have to comment on how relevant this info is to patient care.

I decided to attend this seminar because I want to take my metabolic care to the next level. I HATED biochem in chiro school. The difference now is that I see the importance in patient care and I see how much of an impact I can make in someone's life. I wasn't sure I was going to like this stuff once I started learning it but now I'm finding myself needing and WANTING to know more and more.

I've heard a lot of people say that methylation is only for the 20% of patients that don't respond to the regular metabolic care and I'd have to say that is NOT true. Sure methylation will help those patients that don't respond but in the world we live in today methylation is going to benefit 100% of your patients. We all attend seminars, learn new things, and try to perfect our procedures so we can help more people and make MORE MONEY but I feel you are doing your patients a dis-service if you know there is

more you can offer your patients and you don't do it because you think it will be too hard or something you just don't want to get into. Epigenetics will be the future of health care and I want to be front and center when the shit hits the fan (from a health standpoint).

If you think your patients don't know what methylation is, you are wrong. They know what it is, they just won't know where they can go to get help with it. This past week I started mentioning MTHFR and methylation to my patients and to my surprise a lot of them had heard of it and wanted to learn more! I mentioned it in my IBS seminar on Tuesday night and had 100% sign-up. Patients are looking for this stuff and they want your help.

If you see thyroid patients, you NEED to learn this. Hashimoto patients LOVE being on these thyroid forums and the newest and greatest thing on these forums is MTHFR. So if you don't have your ducks in a row with this stuff you are going to lose these patients.

I want to thank Eric so much for all his knowledge! He is a great teacher and he makes this info learnable. If you are on the fence about learning methylation, you need to think about all the patients you could be getting healthier. This seminar is WORTH its weight in gold....literally.” -- Dr. Erica Riggleman

“I'm writing this post sitting in the airport waiting for my flight back to south Tampa. I'm leaving with a greater understanding of the methylation and other pathways thanks to Eric. For example activated riboflavin is a necessary cofactor throughout many parts of the pathway. Many parts of the different pathways will not function without it.

Patients with low levels of free T4 are likely to have less activated riboflavin and decreased enzymatic reactions along the pathways. Additionally problems in these pathways can result in decreased tyrosine which is needed to make thyroid hormones. High levels of adenosine in the methionine pathway can indicate sick mitochondria resulting in a shift away from the Krebs cycle making it harder for people to burn fat. I have seen high adenosine on the methylation panels I've run but before this weekend didn't understand the significance and how to help it. I'm ready for another weekend to continue to learn this information which will separate us from the competition. A fantastic weekend from a fantastic instructor. Thanks Eric. Looking forward to the next one." --- Dr Frank Lanzisera

I finally feel comfortable looking at the pathways for the first time. It had always been a headache when it comes to physiology cycles. Those enzymes, cofactors, and substrates all sound like friends now.

*Dr. Eric put everything together for me - what tests to run, what to look at, what it means and what to do about it. Thank you so much for your dedication, Dr. Eric. ---
Dr. Jane Son*

Yeah, Eric's seminar was awesome and he delivered a ton of clinical gems. This information is a must if you want to practice functional medicine at an elite level. I really enjoyed Eric's delivery style and pace and I am looking forward to future seminars. Thanks Eric!! --- Dr. Paul Ruzila

Eric's methylation seminar was outstanding! He did an excellent job at teaching us how the chemistry of what we do with functional medicine can be altered by genetics, environment and lifestyle factors and how to test and support these problems. Eric broke down the chemistry through "pathway planners" that make it easier to understand problems with the biochemistry, and that allow you to plug-in test values so that you can visualize where the problem is. We reviewed testing, case studies, talked about why some patients don't do well with our typical functional medicine approach/ supplements, discussed alternatives and new types of supplementation for numerous scenarios that I come across on a weekly basis. We reviewed testing options and included how to use the data from a genetic testing like 23andme so that you can identify SNPs and potential problems with the biochemistry. This training differentiates my practice from anyone else in my area and gives me the tools to look deeper into the problems of the cases that don't improve. I really appreciate all of the hard work and time Eric put in to this seminar; it is game changing information. --- Dr. Brad Shook

What a great eye opening weekend! This stuff will take us to the next level... Eric did a great job at taking the complex and making it more understandable and as usual hanging out with likeminded docs makes it great bonus. When Eric does his next class you need to get there if you want more clinical certainty and confidence in your practice! Dr. Jay Graves

Thanks to Eric and his knowledge he has taken a complex system and has broken it down in a sensible manner. He was great to listen to and made it easy to put the pieces

together (although it will take time to master). As always, enjoyed the weekend with likeminded people. Thanks again Eric for your hard work. --- Dr. John Davis

The reality is I don't care how you learn this material, just learn it.

What I do know is that I can dramatically reduce/shorten your learning curve if you attend my next seminar.

If you are ready to be the best of the best, click [here](#) and sign up for my next Methylation Madness Seminar (hosted by The Methylation Doctor™ Institute)

Sincerely,

Dr. Eric Balcavage
The Methylation Doctor™