

# Turning Pro

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## **Disclosure:**

Relationship with commercial interests - None  
Disclosure of commercial support - None  
Conflict of interest - None

That's what makes addiction like hell.

All addictions share, among others, two primary qualities

1. They embody repetition without progress.
2. They produce incapacity as a payoff.

## **Resistance – Defining the Enemy**

"Resistance is the most toxic force on the planet. It cannot be seen, touched, heard or smelled. But it can be felt. We experience it as an energy field radiating from a work-in-potential. It's a repelling force. Its aim is to shove us away, distract us, prevent us from doing our work. Resistance is self-generated and self-perpetuated. Resistance is the enemy within."

The sense of being lost is resistance.

Take a moment to discover yourself.

You need to take time out to discover who you really are.

A fast way → Put yourself into the unfamiliar and see how you respond.

Travel. When are you going to discover yourself?

Pick a Date. Now



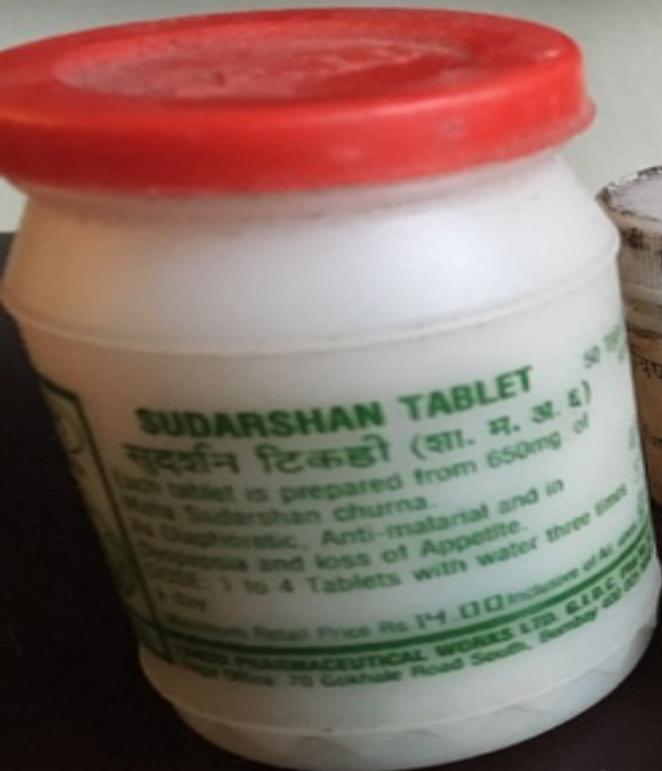


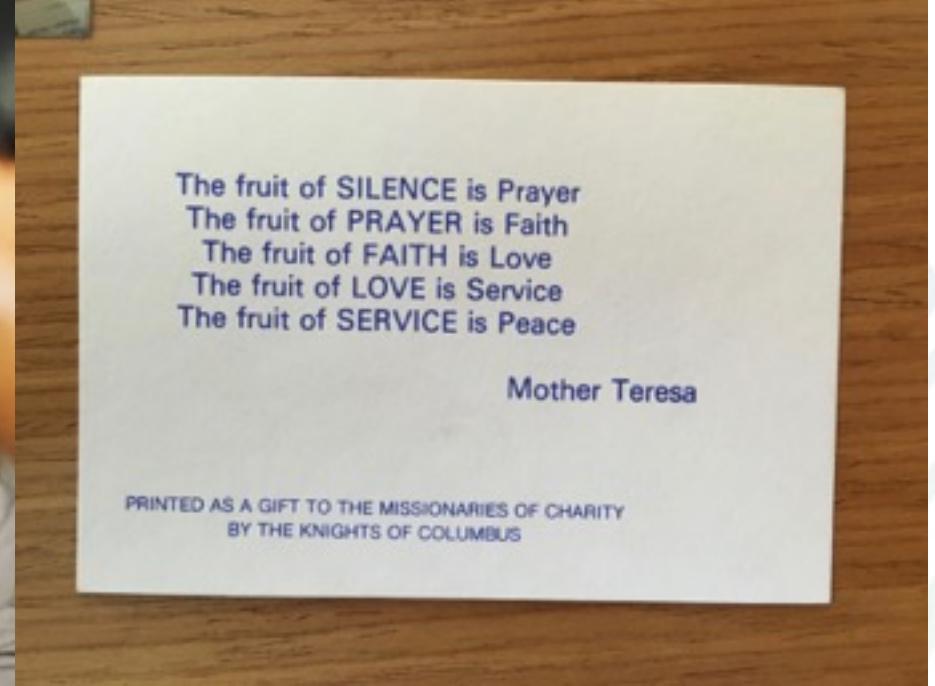














6 6 '98

# Eco-Integration

Bothell, WA 98011

## Billing Statement

Seattle, WA 98144

1-16-98

Maintenance

Weeding, cleanup, trimming and removal

Subtotal: \$20.00

Sales Tax: \$ 3.40

**TOTAL:** \$23.40

200 2/0

# JOB PROPOSAL AND ESTIMATE

between: *Eco-Integration*  
Landscape, Garden & Design

and:

Home:

## Job Description

Upon acceptance of proposal by Mr. Rosaaen, Eco-Integration will call the Line Locator Service to locate any underground utilities. Fifty-percent of the existing Juniper along the drive will be removed and disposed. The beds along the driveway, house and a small backyard section will be tilled and mended with the appropriate soil mixture. The plants, as chosen by Mr. Rosaaen, will be purchased, delivered, planted, fertilized and watered by Eco-Integration into the specified locations. It is Mr. Rosaaen's decision to have Eco-Integration use either bark chips or Gro-co on the beds. Then, Eco-Integration will add the desired material to the beds.

*Note:* Gro-co and bark chips are virtually equal with the Gro-co being slightly cheaper. The Gro-co will add many necessary nutrients to the plantings whereas the bark would not. Gro-co also enhances the beauty of the green and other colors whereas the bark would not. With the current weed situation in Mr. Rosaaen's property, Gro-co would not create more maintenance. Eco-Integration suggests Gro-co.

Materials	Cost
Tiller	\$ 60.00
5.5 yds. of 2-way topsoil	\$110.00
Gro-co	\$ 90.00 [or Bark chips \$105.00]
Dump fee	\$ 25.00
Plants	\$500.00
4 stepping stones	\$ 30.00
Fertilizer	\$ 65.00

Labor Cost      \$697.50

---

Job Cost:      \$1577.50  
Tax:            \$ 135.67  
Total:          \$1713.17





**Eco-Integration, Inc**  
**Comparative Gross Margin Analysis**  
**January thru September**  
**for the years 1997 - 2000**

							<b>1997 Amount</b>
	<b>2000</b>		<b>1999</b>		<b>1998</b>		
	<u>Amount</u>	<u>% Variance</u>	<u>Amount</u>	<u>% Variance</u>	<u>Amount</u>	<u>% Variance</u>	
\$181,484.68	24.7%	\$145,506.54	65.6% -100.0%	\$87,891.61 \$5,536.35	94.3% 100.0%		\$45,235.95
\$181,484.68	24.7%	\$145,506.54	55.7%	\$93,427.96	106.5%		\$45,235.95
\$31,314.40	-55.4%	\$20,154.28	-15.5%	\$17,447.37	-5.5%		\$16,538.12
\$12,831.13	-0.6%	\$12,751.12	-100.0%				
\$14.82	100.0%						
\$1,460.82	67.2%	\$4,450.00	-100.0%		-100.0%		\$11,604.00
\$2,378.28	-82.6%	\$1,302.71	16.5%	\$1,559.60	-43.8%		\$1,084.22
\$4,118.89	-48.3%	\$2,777.72	-383.3%	\$574.79	70.5%		\$1,951.08
\$52,118.34	-25.8%	\$41,435.83	-111.6%	\$19,581.76	37.2%		\$31,177.42
\$129,366.34	24.3%	\$104,070.71	40.9%	\$73,846.20	425.3%		\$14,058.53

In only as the business changed entity form from Partnership (years 1997 & 1998) to S Corporation (effective 1/1/1999)









PROJECT	
DESCRIPTION	TOTAL
F250 Truck	450.00T
Rocks bars	5.00T
Ramps/Plywood - for importing materials & protecting site	300.00T
Rock dolly	20.00T
Power saw sharpening & maintenance	150.00T
Excavator - TBA	2,500.00T
Boom Track - for installing stones - TBA	2,000.00T
 MATERIALS	
Plants	10,000.00T
Topsoil	2,850.00T
Mulch	1,845.00T
Lighting materials - TBA - dependent upon choices	5,000.00T
Irrigation Materials	7,000.00T
Drainage Materials	1,250.00T
Dump Fees - TBA - dependent upon weight	500.00T
Stones - for patio, stairs, stone sets - TBA - DUW	12,000.00T
Crushed granite	1,560.00T
Lumber - for stairs, walls	4,000.00T
Sand	500.00T
Pond Materials	4,200.00T
Stream Materials	1,850.00T
Waterfall Materials	3,850.00T
Clean-up	875.00T
Seattle, Wa	10,037.06
 <b>TOTAL</b>	
	\$126,747.06

Please contact the office at  
(425) 488-0982 with your questions.

Submitted by: \_\_\_\_\_





## **Resistance – *Defining the Enemy***

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When do you feel your most resistance?

That is exactly what you need to find out.

Whatever you find the hardest to do - is exactly what you SHOULD do





Saint Edward  
State Park

Bastyr  
University



The whole belief that says a gene turns on, a gene turns off, is a false assumption based on old science. It is now recognized that genes are not self-regulating, genes don't turn themselves on and off, genes are blueprints.



~Bruce Lipton  
Episode 5





**'Your children's genes reflect only their potential, not their destiny.'**

**It is up to you to provide the environment that allows them to develop to their highest potential.'**

**Bruce Lipton**

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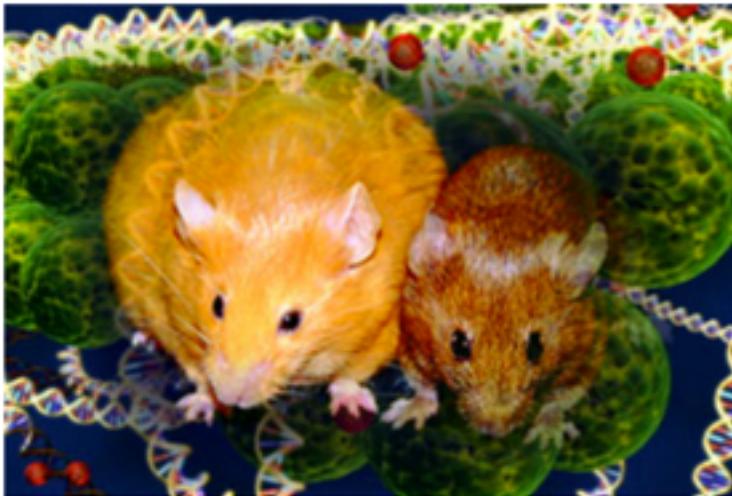
HealthE Goods provides proven and unique natural health products from around the world at competitive prices. Our customer service is unmatched as we help you obtain optimum health both physically and mentally. We also offer wholesale spa products to physicians, clinics, health practitioners and spas. Our product line grows monthly so keep checking back for additional effective health products. We also offer a free health information email service so if you have any health question, [Ask us!](#) You do not have to be a member or guest to purchase our products. We believe shopping should be easy. Add to cart and buy. We do not spam you with countless offers. You may join our HealthE Newsletter at your own desire and we recommend that you do so as we provide incredible monthly savings and useful health information. [Click here](#) for a sample newsletter.

We look forward to serving you for years to come. Free shipping over \$150.00

# A Tale of Two Mice

By Rima Chaddha | Posted 07.01.07 | NOVA scienceNOW

In this audio slide show, Dr. Dana Dolinoy of Duke University explains the role that the epigenome, a sort of second genome, plays in regulating the expression of our genes. As Dolinoy notes, we can no longer say with certainty whether genetics or the environment have a greater impact on our health, because the two are inextricably linked through the epigenome.



[LAUNCH INTERACTIVE](#)

In this audio slide show, hear how the epigenome can make identical-twin mice appear so different.

# HealthE Goods

HealthE Goods is an online retailer of natural products, such as vitamins and supplements, organic mattresses and bedding, aromatherapy, breastfeeding supplies, and energy drinks. The site is also a repository of articles on health topics and a blog by "Dr. Ben." Benjamin Lynch founded the company when he was in med school to help make ends meet.



2010 Inc. 5000 Rank #326

3-Year Growth 910%

2009 Revenue \$2.4 M

Jobs Added 11

Location Bellingham, WA Country United States

Founded 2005 Employees 11

Industry Retail

Web site <http://www.healtheGoods.com>

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There is more than one wall to push through. It is layered.

Once you break through one, listen for the other.

It will scream. You just need to listen.

Whatever you find the hardest to do - is exactly what you SHOULD do

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NEW

NEW



VIDEO

NEW



NEW



NEW



VIDEO

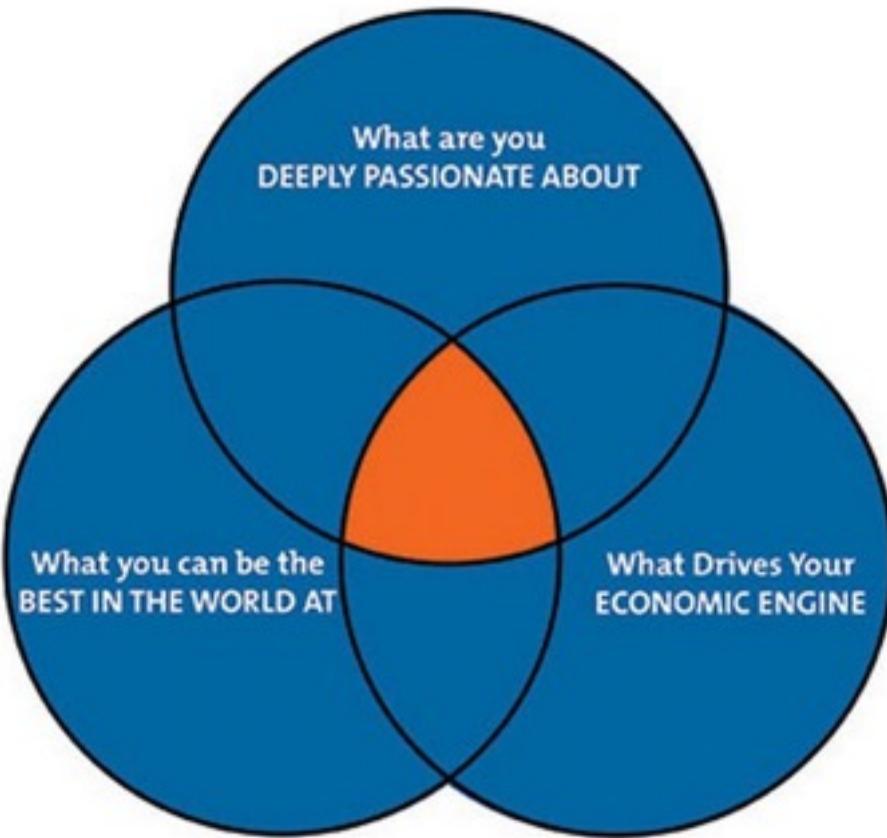
NEW





(c) 2015: Benjamin Lynch, ND

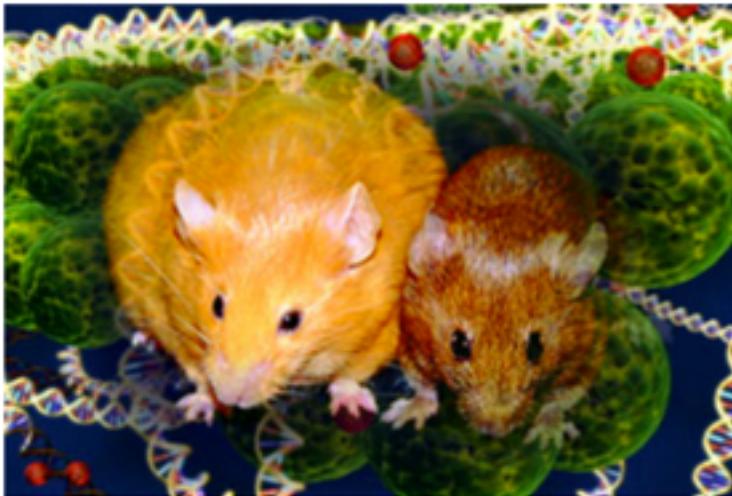
# The Hedgehog Concept



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[LAUNCH INTERACTIVE](#)

In this audio slide show, hear how the epigenome can make identical-twin mice appear so different.



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Practical Clinical Application of Methylation and...

**SHEI VIDEO**

**Practical Clinical Application** of Methylation & Epigenetics

Presented in London, UK

BEN LYNCH, ND

## MTHFR is Complex. Want Answers?

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Email Address:

**Yes, Send Me Answers!**

"Dr. Ben Lynch is doing the real research . . ."

- Dietrich Klinghardt, MD, PhD

MTHFR.net is the leading resource for unbiased, researched information strictly about the MTHFR mutation.

I believe the MTHFR gene mutation is a highly significant public health problem that is completely ignored. Yet, millions are suffering from pulmonary embolisms, addictions, fibromyalgia, miscarriages, schizophrenia, severe depression, cancer and autism to name a few.

It's more than MTHFR. Join us!

SeekingHealth  
Educational Institute



“

People don't buy  
what you do. They  
buy why you do it.

Simon Sinek

”

Derek Sivers:

# How to start a movement

TED2010 · 03:09 · Filmed Feb 2010

65 subtitle languages •

View interactive transcript



Share this idea



5,238,203

Total views

Share this talk and track your influence!

With help from some surprising footage, Derek Sivers explains how movements really get started. (Hint: it takes two.)

The official TED guide to public



September 9, 2011 ·

I need your help this time. PLEASE like and spread this link everywhere. If you don't know what MTHFR is, you will in a few years. I'm letting you know now. Dr Ben

## MTHFR Help Wanted - MTHFR.Net

No where to turn for MTHFR information? Your doctors do not know about MTHFR? I understand. MTHFR is not on the radar yet. But it is here.

MTHFR.NET

Boost Unavailable

Like

Comment

Share

Jeanette Ambrose, Jerry WineBrenner, Amira Steffany Lagerström and 4 others like this.

1 share



Tricia McEntire Marble Holly McEntire Stuck

September 9, 2011 at 3:44am · Like

## **Combating Resistance – *Turning Pro***

"The conventional interpretation is that the amateur pursues his calling out of love, while the pro does it for money. In my view, the amateur does not love the game enough. If he did, he would not pursue it as a sideline, distinct from his "real" vocation. The professional loves it so much he dedicates his life to it. He commits full-time."

Have you found your calling?

Are you committed to it full time?

Nearly every day is a Joy and work does not feel like work.

Imagine you Turning Pro. What are you doing? How do you feel?

Pick a Date. Now. When are you Turning Pro?



SeekingHealth

# Improving Patient Outcomes: Identifying Common Methylation Polymorphisms *by Benjamin Lynch, ND President & CEO*

[www.SeekingHealth.com](http://www.SeekingHealth.com)

www.SeekingHealth.com



Methylation and MTHFR Defects presented by Benjamin Lynch, ND



Benjamin Lynch

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Seeking Health products emphasize in disease prevention and health promotion. Seeking Health will achieve this through focusing on daily essential nutrients, detoxification, digestive repair, and immune system balance.

- Dr. Ben



## WHY SEEKING HEALTH?

There is a fundamental basic approach to supporting our body's systems that is lost due to media hype, trends, fads, or worse, medications and surgeries.

If one supports their body's systems with pure, highly absorbable, well-formulated nutrients, the ability to remain healthy and vital significantly increases. It is easy to get lost in obtaining supplements for symptom after symptom. This does not solve your problem.

Seeking Health provides supplements because we believe in order to remain healthy in our toxic, nutrient depleted soils, high stress environment, one must supplement with pure, well-formulated nutrients.

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PATHWAYS

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Your Patient Outcomes!

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# Seeking Health

An online retailer of a wide range of supplements intended to remove toxins, restore nutrients, and prevent disease.



2015 Inc. 5000 Rank #37

3-Year Growth 6181%

2014 Revenue \$6.7 M

Jobs Added 12

Location Bellingham, WA Country United States

Founded 2011 Employees 14

Industry Health

Web site <http://seekinghealth.com>

## 2015 INC. 5000 HONORS



Top Health companies



Top WA companies





## Applying the Fundamentals in Clinical Practice

Mold Exposure – Vaccine Safety – Heavy Metals – Metabolic Regulation – Preconception Care....

[Learn More](#)

SeekingHealth  
Educational Institute

### Practical Clinical Application of Methylation & Epigenetics

Presented in London, UK

Video Course

## Transform Your Practice!

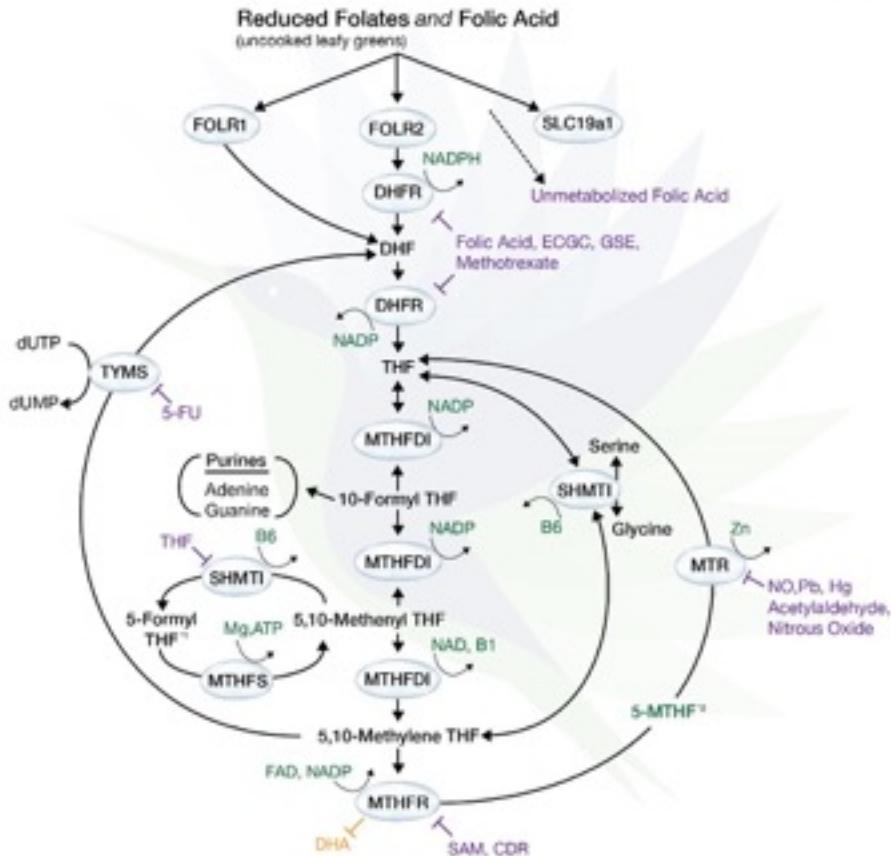
Need practical help identifying & treating methylation dysfunction?  
Get the presentation given a rare 100% approval rating...  
**for FREE!**

 Your Name... Your Email...[I Want That Video!](#)



# Pathway Planner

Folate  
Version 3



<sup>†</sup> 5-Formyl THF = Leafy Greens

<sup>‡</sup> 5-MTHF = Leafy Greens

- Increase Activity
- Decrease Activity
- Cofactor
- Reactive Oxygen Species
- Genes



## **1 Thing All Successful CEOs Have in Common**

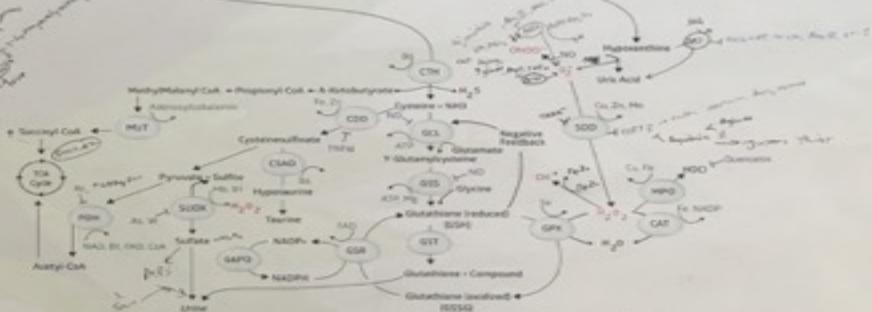
Entrepreneurs on our list distinguish themselves by growing their companies quickly. They've also discovered what they need to know faster than other founders.

<http://www.inc.com/magazine/201409/inc.500-2014-inc-500-ceo-survey-results.html>

## Folate

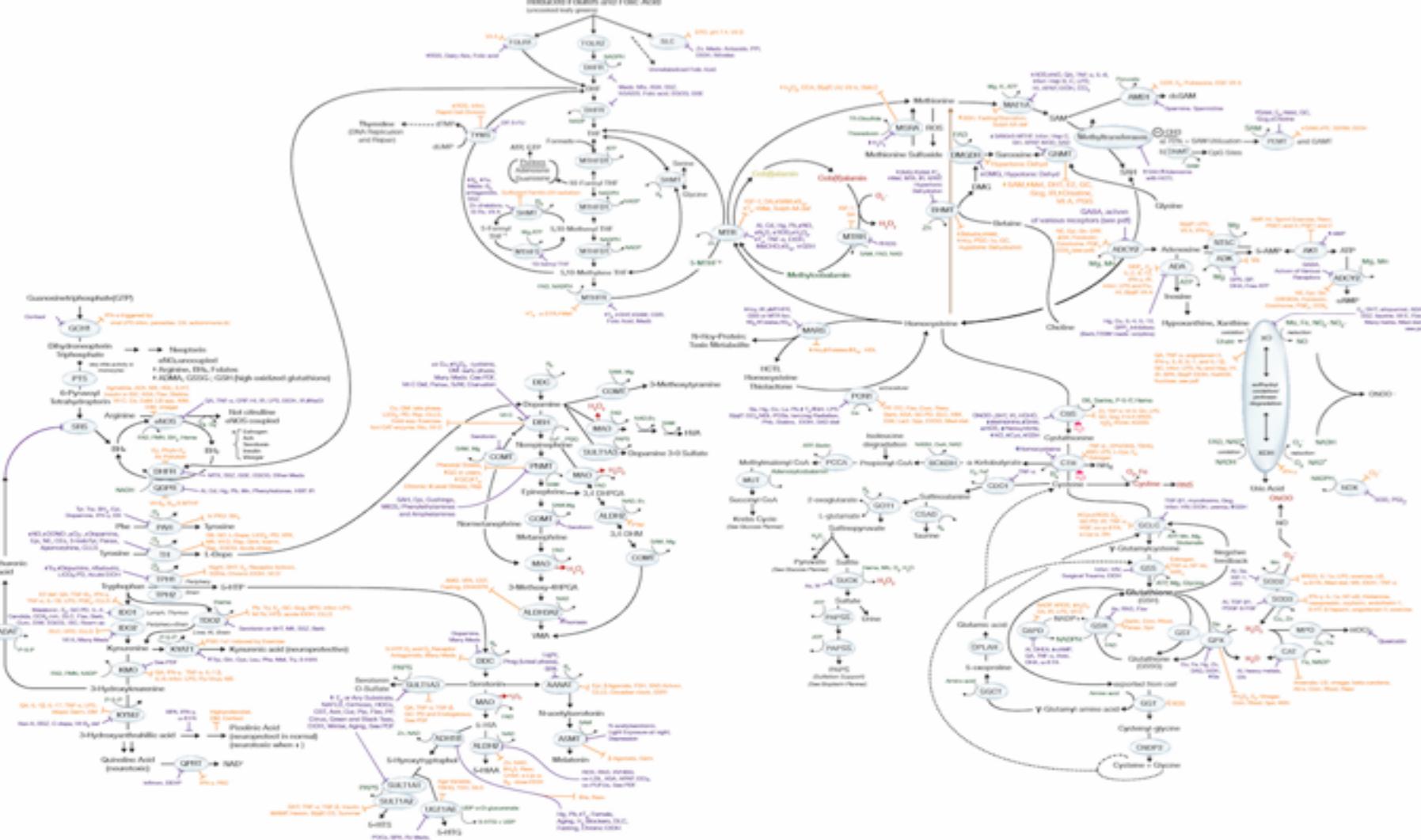


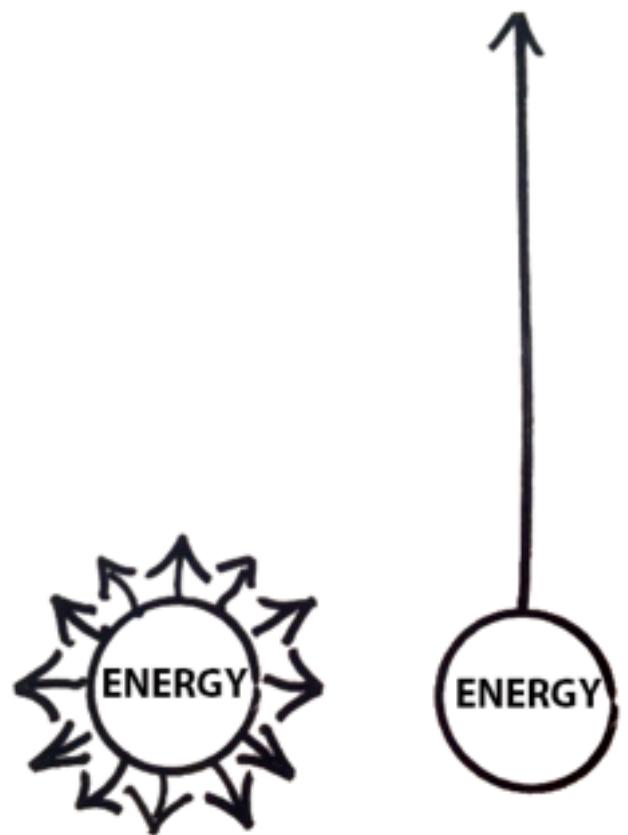
## Methionine



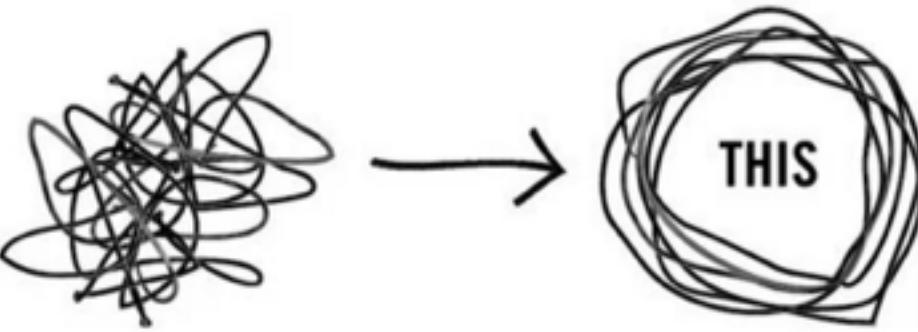
## Transsulfuration

- Promoter
- Inhibitor
- Cofactor
- Reactive Oxygen Species
- Genes





Essentialism - Greg McKeown



#### Nonessentialist

##### ALL THINGS TO ALL PEOPLE

"I have to."  
"It's all important."  
"How can I fit it all in?"

#### Essentialist

##### LESS BUT BETTER

"I choose to."  
"Only a few things really matter."  
"What are the trade-offs?"

##### THE UNDISCIPLINED PURSUIT OF MORE

Reacts to what's most pressing  
Says "yes" to people without really thinking  
Tries to force execution at the last moment

##### THE DISCIPLINED PURSUIT OF LESS

Pauses to discern what really matters  
Says "no" to everything except the essential  
Removes obstacles to make execution easy

##### LIVES A LIFE THAT DOES

##### NOT SATISFY

Takes on too much, and work suffers  
Feels out of control  
Is unsure of whether the right things got done  
Feels overwhelmed and exhausted

##### LIVES A LIFE THAT REALLY MATTERS

Chooses carefully in order to do great work  
Feels in control  
Gets the right things done  
Experiences joy in the journey



# DISCOVER HOW THE WORLD SEES YOU

Introducing the first personality test that measures how others perceive you at your best. Make a better first impression, with your most influential traits.

## A DECADE OF RESEARCH

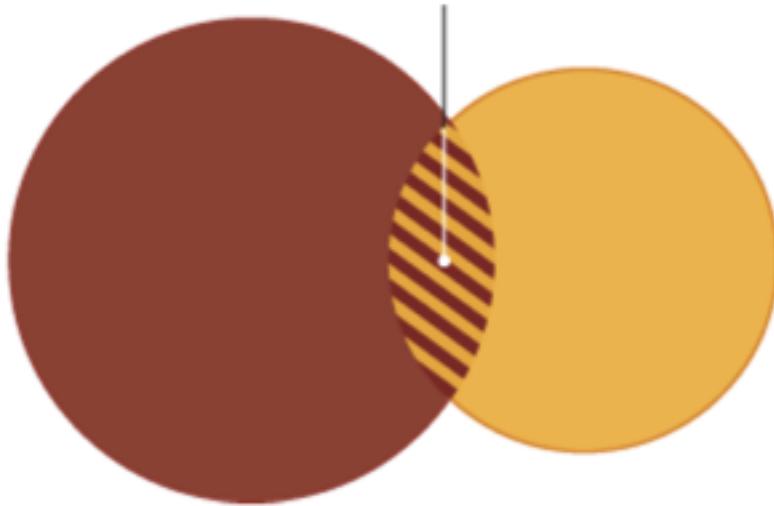
Introducing the first science-based personality brand system for professionals.

[VIEW THE RESEARCH](#)



# THE CHANGE AGENT

{ THE CHANGE AGENT }



PRIMARY ADVANTAGE  
POWER

SECONDARY ADVANTAGE  
INNOVATION

## HOW THE WORLD SEES YOU.

- Creative thinker who thrives on reinventing
- Independent, witty, and sharp
- You have a strong drive to come up with a different approach
- You bring alternative opinions to dull meetings and fresh ideas to stale companies



## "HIGHEST AND BEST VALUE" OF THE CHANGE AGENT

---

- » Your energy and direction gives you the power to inspire other people to be innovative, too.
- » You have a naturally curious personality. You tend to be pretty fearless in your approach, and this is clear in how you communicate.
- » When you get on a roll, you can bring people in with a flurry of untraditional approaches.
- » You aren't afraid to be different.

## WHAT IS NOT THE "HIGHEST AND BEST VALUE" OF THE CHANGE AGENT?

---

- » Not a fan of deadlines and step-by-step processes, you are more excited about instigating new plans than finishing them.
- » To help you implement your bounty of ideas, consider teaming up with methodical communicators (such as Alert and Mystique), to turn ideas into reality.



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There is still resistance after Turning Pro.

It's harder to hear. You have to see this one. It is in plain site.

Life is good so you ignore that it could be better.

You found your calling morph but you're afraid. Resistance.

Ok Pro - What are you really wanting to do?

Why aren't you doing it?

Pick a Date. Now. When are you starting it?

## THE TRIBE DOESN'T GIVE A SHIT

The amateur dreads becoming who she really is because she fears that this new person will be judged by others as "different." The tribe will declare us "weird" or "queer" or "crazy." The tribe will reject us.

Here's the truth: the tribe doesn't give a shit.

There is no tribe.

That gang or posse that we imagine is sustaining us by the bonds we share is in fact a conglomeration of individuals who are just as fucked up as we are and just as terrified. Each individual is so caught up in his own bullshit that he doesn't have two seconds to worry about yours or mine, or to reject or diminish us because of it.

When we truly understand that the tribe doesn't give a damn, we're free. There is no tribe, and there never was.

Our lives are entirely up to us.



REACH YOUR GENETIC POTENTIAL

**Latest Research from Dr Lynch Delivered to You**

*Dr Lynch values your trust. We do not spam.*



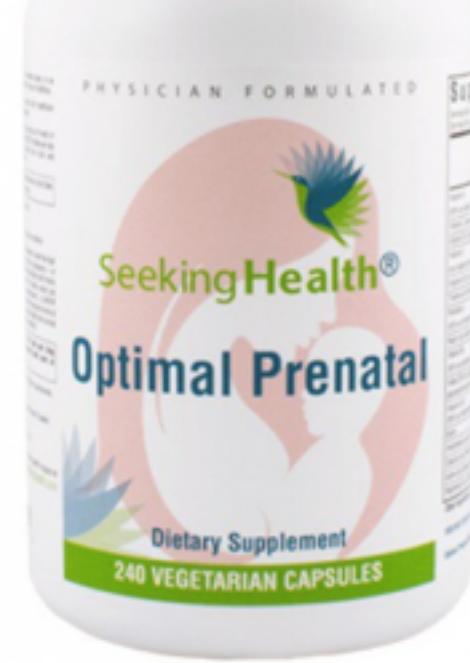
Name

Email

Get Me Started! ►



Optimizing Lives  
*of* Unborn Children



REACH YOUR GENETIC POTENTIAL

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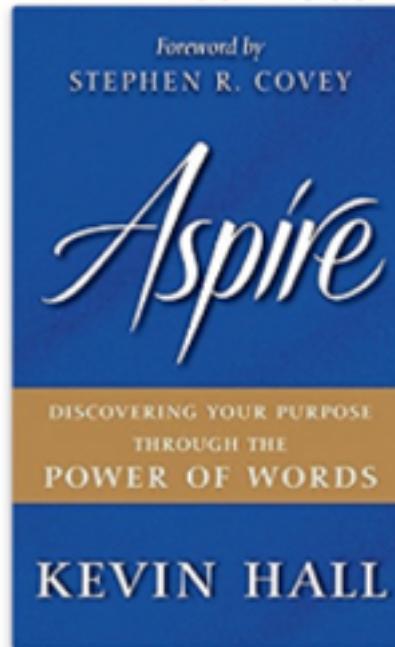


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# Beyond Resistance – *Higher Realm*

"When we sit down each day and do our work, power concentrates around us. The Muse takes note of our dedication. She approves. We have earned favor in her sight. When we sit down and work, we become like a magnetized rod that attracts iron filings. Ideas come. Insights accrete.



Pastore, Julia

April 12, 2017 at 2:37 PM

PJ

To: Rachel Kranz Cc: Janis Vallely, Ben Lynch

RE: Submission of Dirty Genes//Editorial Notes



 New contact info found in this email: Julia Pastore julia.pastore@harpercollins.com

add...



Hi everyone,

You've done an amazing job distilling an incredible amount of information into an accessible and informative book. I've thoroughly enjoyed reading it and I can't tell you how many changes to my lifestyle I plan to make!

All of my notes are in comment bubbles and on tracked changes with the goals of clarifying the science and how to approach the protocol. Please let me know if you have any questions and I am happy to talk absolutely anything through. I see this as a collaboration so please do approach my line edits, suggestions, and questions with that in mind.

As you'll see, I have not finished editing the recipes; I'll turn to those tomorrow. I didn't want to hold things up for those. Nor have I reviewed the notes. At quick glance they look good!

Thank you again for all of your great work here—especially under such a tight deadline—and I look forward to working with you to make the book even better!

All best,  
Julia

Julia Pastore  
Executive Editor  
HarperOne



## References

All papers shown in presentation are published in PubMed and cited

All books demonstrated here are cited:

Turning Pro, Aspire, From Good to Great, Essentialism, Fascinate, The New Biology

Tale of Two Mice – NOVA

All diagrams shown have references organized by pathway and gene.

References may be found here:

<https://seekinghealth.org/bibliography/>