



**BH4 (Tetrahydrobiopterin) Cycle—“Better Health 4 Life Industries”** Though controversy exists regarding this cycle’s function, Dr. Yasko’s theory indicates that The Big Motherflipper (MTHFR A1298C) may drive this cycle in the reverse direction and several independent studies support this finding. This leads to a chemical exchange among BH2 to BH4, a multi-purpose product that is used in both *the Waste Facility* (urea cycle) and BH4 Industry. Within *the Better Health 4 Life Industry*, BH4 produces chemicals known as neurotransmitters, or neurotalkers (NTs), including Dopamine, Serotonin, Melatonin, Norepinephrine, and Epinephrine. NTs are central for the communication between nerves and cells as well as stabilizing the crisis response, mood, and sleep cycles. Chronically low BH4 levels increase the risk for ADD/ADHD, bipolar disorder, OCD, insomnia, depression, anxiety, and many other quality of life issues. Think of this company as AT&T with a philanthropic twist since it donates BH4 to the *Waste Facility* for environmental clean up as well as supporting the community in health & wellbeing.

The *Waste Facility* uses BH4 to clean up toxic ammonia and generates nitric oxide, an element that keeps blood vessels open and free of plaque. Yet if BH4 is scarce, it cannot clean up waste or deliver vital nutrients to the *Power Plant* (fumarate) so that noxious chemicals back up into SAM’s Corporation. Given the fact that it takes 2 grains of BH4 to clean up 1 granule of ammonia, as well as 2 of BH4 to create just 1 bit of nitric oxide, its easy to see how problems might arise. This underscores the BH4 Industry’s role throughout the community since unlike an actual factory; it isn’t permitted to shut down for repairs or maintenance. While there are many factors that may impact this cycle, several are listed below:

1. A defect within the Big Motherflipper leads to lower BH4 levels.
2. Chronic bacterial infections create more ammonia, cleave to aluminum, & use up tryptophan, a serotonin precursor; leading to more BH4 depletion.
3. Though high protein diets create more ammonia, for those with Big Motherflipper defect alone, it isn’t critical. In concert with other defects (BHMT, CBS, NOS), this diet becomes more of a problem.
4. Weaknesses within the BHMT, CBS, and/or NOS imply that critical levels of BH4 are being used up, leading to greater system malfunction.
5. Aluminum & other toxins greatly impact the Big Motherflipper’s output, thus reducing BH4 supplies.
6. The janitors below this cycle (MAO/COMT) work too efficiently and clean up dwindling supplies of NTs.
7. Although not depicted on the diagram, there may also be a defect within the DHPR enzyme, which converts BH2 to BH4 via the Big Motherflipper.

Fortunately, this Industry has contingency plans in place for keeping communication open in times of crisis. Should the plant suffer a major decline in BH4 production, reserves may be activated in order to maintain as many byproducts of BH4 as possible. For instance, you may have inherited a stopgap that allows Dopamine & Norepinephrine conservation (COMT) or another for Serotonin (MAO A). The COMT, in conjunction with the VDR, influences the overall need for work tags. As with many things, such options can be highly beneficial or tricky, depending on the mixture of problems. In its’ quest for survival of the fittest, the body’s immediate goal is preservation in the here & now, rather than later consequences. In the end, epigenetics increases the odds for survival, but with a price.