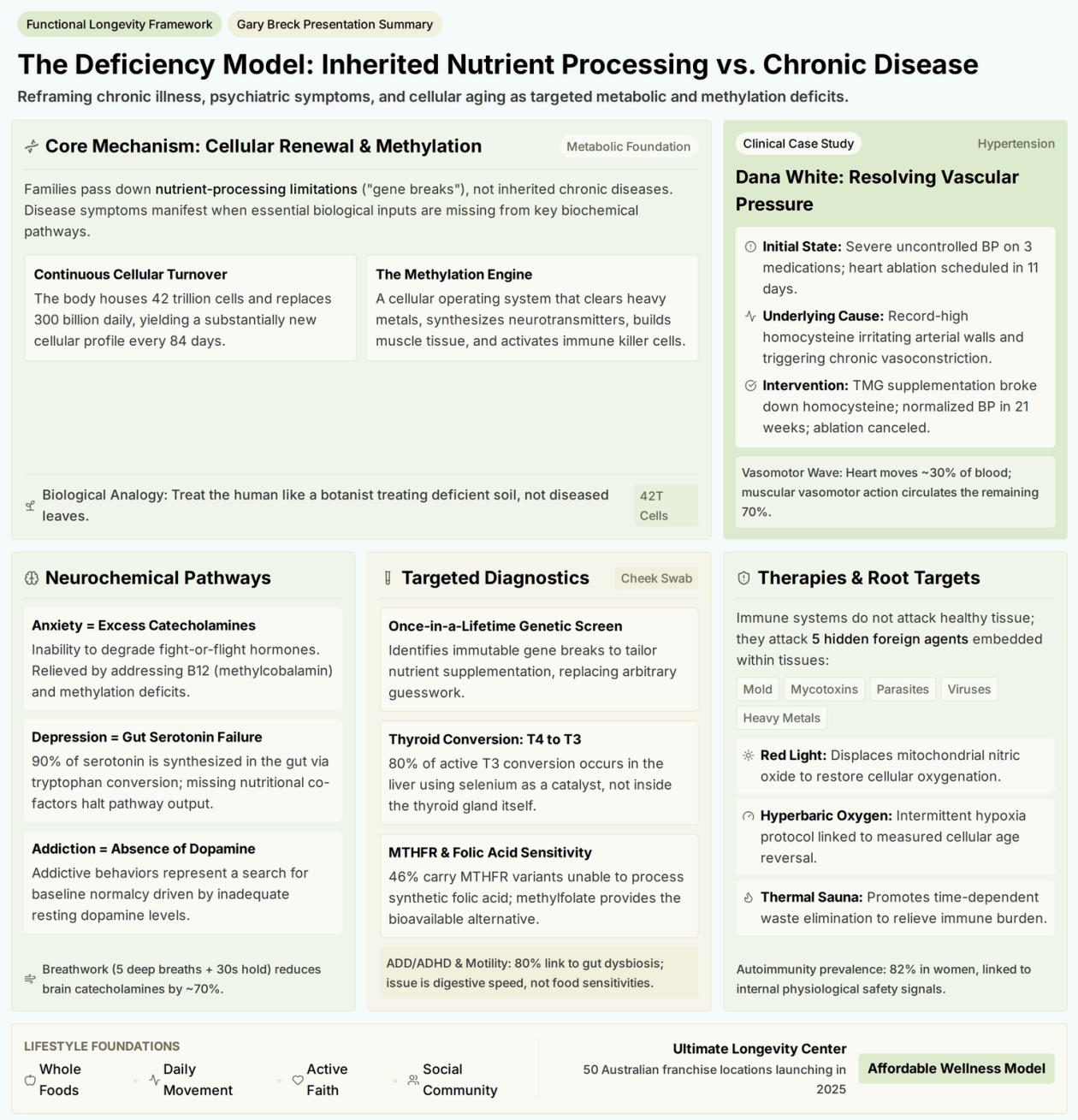
Presentation: Gary Breck on Nutrient Deficiencies, Genetics, and Longevity



Gary Breck presented a wellness framework that attributes many chronic conditions to inherited nutrient-processing deficiencies rather than inherited disease. He used client stories, biochemical diagrams, lifestyle advice, biohacking therapies, and an Ultimate Longevity Center pitch to argue that testing and correcting deficiencies can restore health. The medical and scientific statements below are Breck's claims from the presentation, not independent clinical findings.

Inherited deficiencies, not inherited diseases

Breck rejected the common explanation that conditions are genetic merely because they run in families. He used hypertension as his opening example. A patient may have high blood pressure, normal cardiac tests, and several relatives with the same condition. A physician may call that familial or genetically inherited hypertension, but Breck said no specific disease-causing gene exists.

He extended the argument to thyroid disorders, hypertension, drug and alcohol addiction, depression, anxiety, and type 2 diabetes. **His central claim was that families pass down nutrient-processing deficiencies, not the diseases associated with them.** Those deficiencies can lead to similar symptoms across generations.

Breck grounded this view in several broader claims:

- **Cell replacement**: He said the body contains 42 trillion cells and replaces 300 billion daily. On that basis, he claimed a person becomes an almost entirely new cellular human every 84 days.
- **Immune aging**: He called gradual immune-system overload the leading theory of aging among longevity experts. He described it as both preventable and reversible.
- **Plant analogy**: A botanist would treat a rotting palm leaf by testing the soil and replacing missing nitrogen. Breck said human illness should be approached through the same search for a missing input.
- **Methylation**: He described methylation as a cellular system that processes nutrients, removes waste, mold, mycotoxins, and heavy metals, creates neurotransmitters, builds muscle, and produces natural killer cells.
- **Biological inputs**: He emphasized that methylation pathways contain vitamins, minerals, amino acids, and nutrients rather than pharmaceuticals, chemicals, or synthetics.
- **Healing potential**: He said every person has the power to heal from any ailment. He tied that belief to cellular turnover and what he described as God's design of genes.

Dana White case used to challenge hypertension treatment

Breck presented Dana White, CEO of the UFC, as his main case study. When they met several years earlier, White had uncontrolled hypertension despite taking a beta blocker, calcium channel blocker, and diuretic. A heart ablation was scheduled for 11 days later.

Breck said White's prior EKGs, heart sounds, lung sounds, and advanced cardiac studies at Mayo Clinic in Los Angeles had all been normal. White attributed his blood pressure to his father and uncle. Breck instead reviewed amino-acid

processing and found what he called the highest homocysteine level he had seen in a medical record in more than 10 years.

He offered this mechanism:

- **Homocysteine**: High levels irritate the arterial lining.
- **Vasoconstriction**: Irritated arteries narrow, which raises pressure in a fixed circulatory system.
- **Nutrient deficiency**: Breck said people inherit the deficiency that prevents homocysteine breakdown, not hypertension itself.
- **TMG**: He recommended an over-the-counter amino acid or nutrient transcribed at one point as “TNP” and later as TMG. He said it helps break down homocysteine and relax the arterial system.
- **Circulation**: Breck claimed the heart moves only 30% of the body’s blood. He attributed the other 70% to a wave-like muscular action called vasomotor activity.
- **Related symptoms**: He linked impaired vasomotor circulation to cold fingers, toes, and hands, as well as age-related reliance on reading glasses.

Over 21 weeks, Breck said White’s homocysteine fell and his blood pressure returned to normal. Another cardiologist slowly tapered White off his medication. Breck stressed that he did not manage the withdrawal alone.

White then canceled the ablation. Dr. Ram Dandola, identified as head of cardiothoracic surgery at Cedars Sinai in Los Angeles, called Breck and accused him of playing with White’s life. Dandola ordered a repeat cardiothoracic workup. Breck said White spent three days in the cardiac unit and received a perfect result. **He presented the canceled procedure, medication withdrawal, and later normal workup as evidence for his deficiency model.**

Dandola later apologized and asked Breck to explain the case. Breck said they became close friends.

Anxiety, depression, and addiction framed as neurotransmitter problems

Anxiety as excess catecholamines

Breck defined anxiety as a rise in four neurotransmitters called catecholamines. He said these chemicals create the fight-or-flight response, including pupil dilation, increased heart rate, and blood flow to the extremities. An imagined threat can trigger the same response as a physical danger.

He distinguished inherited processing from inherited illness. **In his account, an inability to break down catecholamines is inherited, while anxiety itself is not.** He also applied that distinction to depression and drug or alcohol addiction.

Breck said most affected people lack a complex of vitamins, including methylcobalamin, a form of B12, and a nutrient he called folic acid. He stated that the U.S. FDA had approved folic acid as a prescription treatment for neurocognitive disorders and cerebral folate deficiency.

Depression as low serotonin

Breck cited the Physician's Desk Reference as defining depression through an inadequate serotonin supply. He criticized selective serotonin reuptake inhibitors because they slow serotonin reuse rather than raise its production. He said that explains why patients at the functional medicine clinic he operated with his wife for 12 years had sometimes taken antidepressants for 15 or 18 years without ending their depression.

He placed serotonin production in the gut:

- **Production site**: He said 90% of the body's serotonin is in the gut.
- **Pathway**: Tryptophan converts into serotonin, which then travels through the vagus nerve and affects mood and emotion.
- **Deficiency effect**: Missing any nutrient required by that pathway prevents the conversion.
- **Interpretation**: Breck framed the resulting mood or depressive symptoms as nutrient deficiency rather than psychiatric illness.
- **Environment**: He said depression can begin in a person's external environment but always continues internally.

Addiction as a search for normalcy

Breck said addiction rarely starts with a desire to become intoxicated. In his view, it begins when nicotine, alcohol, drugs, promiscuity, thrill-seeking, or gambling makes someone feel normal.

He identified absent dopamine as the driver. **His formulation was: "The absence of dopamine is the presence of addiction."** Correcting dopamine, he said, removes the force behind the behavior and allows the addiction to fade.

Genetic testing and deficiency-based supplementation

Breck argued that inherited genes reveal where a person cannot process nutrients efficiently. Those “gene breaks,” in his terminology, can explain why conditions appear to pass through families.

He opposed taking supplements without individualized evidence. He estimated that about 80% of the audience took supplements merely for the sake of supplementing. Instead, he urged people to supplement only for identified deficiencies.

His recommended process was a once-in-a-lifetime cheek-swab test:

1. Place the swab in the mouth.
2. Send it to an Australian laboratory.
3. Receive a report identifying specific gene breaks.
4. Take supplements matched to those deficiencies.

Breck said genes never change, so the test never needs repeating. People who had already completed it could submit their results through a website at no charge. **He called this genetic test the single most important step he wanted the audience to take.**

He claimed targeted supplementation could make weight gain, water retention, poor focus, poor concentration, hormone imbalance, morning exhaustion, cortisol dysregulation, hypothyroidism, Crohn’s disease, diarrhea, irritable bowel symptoms, and cramping “a permanent thing of the past.” His explanation was that affected people were nutrient-deficient rather than sick, diseased, or pathological.

Breck also said his group was developing a television docuseries about “superhuman athletes,” with a first wave expected around the same time the following year. He linked non-contact injuries in professional sports to inadequate recovery and nutritional deficiency rather than proper training.

Thyroid hormone production used as another deficiency example

Breck said the thyroid produces T4 and T3. He stated that low T3 prompts a hypothyroidism diagnosis and treatment with synthetic levothyroxine.

According to his presentation, the thyroid makes only 20% of T3. The remaining amount is made in the liver. He therefore claimed there is an 80% chance that low T3 does not originate in the thyroid, although patients are placed on thyroid medication “100% of the time.”

He identified selenium as the catalyst needed to produce T3 outside the thyroid. A selenium deficiency, he said, can cause low hormone levels and lead to lifelong

medication after the condition is mislabeled as inherited hypothyroidism.

ADD, ADHD, gut motility, and sleep

Breck described attention deficit disorder as an attention-overload condition rather than a lack of attention. A person creates thoughts faster than the mind clears them, leaving too many mental windows open at once. That can cause the person to follow several associations while missing the meaning of a conversation.

He claimed:

- **Gut dysbiosis**: A person with ADD or ADHD has an 80% chance of also having gut dysbiosis.
- **Anxiety and digestion**: Everyone with anxiety also has a disrupted gut, expressed through gas, bloating, diarrhea, constipation, irritability, or cramping.
- **Shared deficiency**: The same deficiency that prevents catecholamine breakdown also disrupts gut motility.
- **Bariatric medicine**: The overlooked issue is the pace of the 30-foot digestive tract, not its contents or microbiome.
- **Dietary elimination**: Food-allergy testing, food-sensitivity testing, a low-FODMAP diet, carnivore eating, or removing dairy, wheat, alcohol, and gluten may fail when motility is the actual issue.
- **Genomic control**: He said the genome determines whether the gut pauses, accelerates, reverses, or stops.

For sleep, Breck linked a racing mind to the COMT gene. He said people may feel physically tired while remaining mentally alert as the environment quiets. He claimed 70% of people are on sleep medication for this reason. Supplementing for the related deficiency would, in his account, let a person go to bed tired with a quiet mind.

His broader point was that sleep depends on the body feeling safe enough to shut down. Rumination about unfinished tasks, messages, shopping, or social media signals that it does not feel safe.

Breathing exercise intended to lower catecholamines

Breck led the audience through a breathing exercise. Each round used five very deep nasal breaths, followed by exhalation through pursed lips. On the fifth exhale, participants held their breath for 30 seconds and then inhaled deeply again.

He said retained carbon dioxide would dilate the vascular system and allow oxygen to flood the brain. During the hold, he asked participants to relax, place a hand over the heart, and thank it for keeping them alive.

Breck recommended the exercise at bedtime for people who ruminate. **He claimed it could reduce brain catecholamines by about 70%, allowing the body to feel safe enough to sleep.**

He then said 82% of autoimmune disease occurs in women. He attributed this not to sex selection but to what he called weakness and a lack of safety within the body. When the body feels safe, he said, the immune system resumes defense and regulation of cellular senescence and autophagy.

Folic acid, MTHFR, pregnancy, and fortified foods

Breck advised parents of children with ADHD to remove all folic acid from the child's diet for one week and observe whether the child changed. He described folic acid as an entirely synthetic chemical first produced in the late 1940s. This came after his earlier reference to folic acid as a nutrient used for neurocognitive disorders.

He challenged its use during pregnancy and made several related claims:

- **Postpartum depression**: He said no peer-reviewed gold-standard clinical studies connect elevated pregnancy hormones to postpartum depression.
- **Folate exposure**: He said studies instead connect elevated folate acid to postpartum depression.
- **MTHFR prevalence**: He claimed 46% of the population and audience had the MTHFR mutation.
- **Processing problem**: He expanded MTHFR as "methylene tetrahydrophthalic reductase" and said affected people cannot process "phthalic acid."
- **Mental effects**: He said the substance raises catecholamines and intensifies a racing mind, especially in people with ADHD.
- **Food sources**: He told the audience that fortified or enriched foods contain the chemical.
- **Pregnancy alternative**: He recommended a methylated vitamin and methylfolate rather than folate for pregnant people or their loved ones.

Breck described a sequence in which a woman begins high-dose folic acid during pregnancy, develops severe mental symptoms or postpartum depression, stops the prenatal vitamin after pregnancy, and improves. He said the symptoms are then wrongly blamed on pregnancy.

Longevity foundations: food, movement, faith, and connection

Breck rejected dogmatic diets, including carnivore, Paleo, vegetarian, vegan, and raw-food approaches. **He named whole foods as the dietary foundation for a long, healthy life.**

His other foundations were:

- **Movement**: Exercise and mobility are necessary. He said no large body of data supports a sedentary lifestyle across any culture or country.
- **Faith**: He treated faith as one of the core elements of health and longevity.
- **Community**: He called community and human connection medicine.
- **Social wellness**: He argued that people increasingly want health activities that also provide belonging.

Breck said wellness and longevity had become the greatest area of human interest in recorded history. He claimed it exceeded sports, entertainment, travel, leisure, and culinary interest combined.

He used Gen Z as evidence of a cultural shift. He said alcohol consumption had fallen 34% and run clubs were growing while standalone 5K races were not. In his interpretation, people join clubs because they want community rather than merely a place to run.

Red light, hyperbaric oxygen, and sauna

Breck narrowed the biohacking field to three modalities he endorsed: red light, hyperbaric oxygen, and sauna.

Red light therapy

He called red light dose- and time-dependent, with greater benefit from longer use. It mimics useful wavelengths from sunlight, he said, while many people do not receive enough natural light.

Breck called vitamin D deficiency the world's leading clinical deficiency. He said sunlight exposure lets the body produce vitamin D from cholesterol without eating, drinking, or breathing it. The genetic test, he added, can show processing or performance limitations involving vitamin D.

He described red light as passing through the cell wall and reaching mitochondria. It then displaces mitochondrial nitric oxide, which he said allows oxygen to enter.

Breck connected this therapy to his mother's Alzheimer's disease. He said he was using transcranial red light to activate mitochondria in her brain. Her latest scans were "likely better" than earlier scans. He planned to post what he called a complete reversal of her Alzheimer's on Instagram in about four weeks.

Hyperbaric oxygen therapy

Breck referred to a study expected in the first quarter of 2027 involving intermittent hypoxia. He connected it to the X Prize and said Elon Musk offers $100 million to a winner.

He described an ongoing University of Arizona study "in Tampa" as being in month seven. **Breck claimed the treatment group showed 8.6 years of age reversal while the control and placebo groups remained at baseline.** He concluded that hyperbaric oxygen had earned a place in mainstream practice.

Sauna

Breck called sauna dose- and time-dependent. He said centuries of evidence support it and linked its benefit to waste elimination, which he described as necessary for immune function.

Autoimmune disease attributed to hidden external targets

For autoimmune disease or unexplained illness, Breck told the audience to investigate five factors:

- Mold
- Mycotoxins
- Parasites
- Viruses
- Heavy metals

He claimed removing them causes disease and pathology to leave the body. His model holds that the immune system does not mistakenly attack healthy tissue. Instead, it attacks a foreign material hidden against or within that tissue.

He applied that explanation to several conditions:

- **Hashimoto's disease**: The immune system targets metals in the thyroid rather than the thyroid itself.
- **Crohn's disease**: It responds to fissures in the colon wall that allow bacteria and other contents to leak into an area where the immune system waits.

- **Multiple sclerosis**: He attributed attacks on the myelin sheath to an old parasite transcribed as a “cysto nematode” embedded there.
- **General treatment**: He also named mold, mycoplasma, parasites, and “fire” in a later list and said those factors must be removed before other work can succeed.

Ultimate Longevity Center expansion in Australia

Breck said advanced wellness therapies remain beyond the financial reach of most people in “Middle America” and probably “Middle Australia.” He started the Ultimate Longevity Center franchise in 2025 to bring wellness to the public at an affordable, scalable level.

He called it the fastest-growing wellness franchise in the world. **The organization had selected 50 Australian locations, and Breck said he believed the 50 partners were present in the audience.**

Audience members interested in joining were invited to scan a QR code. Breck offered dinner invitations to the first respondents and said 10 places were available that night. He would send the time and location.

The franchise pitch centered on social wellness. Breck contrasted its mass-market approach with treatments costing $25,000 for stem cells, $14,000 for blood filtration, and $9,000 for a final item that was unclear in the recording. He said the centers would combine community, anti-aging, longevity, and wellness while keeping people out of what he called a bloated, broken “sick-care” system.

Closing Crohn’s and POTS response

In the closing question period, Breck addressed a woman who reported Crohn’s disease, POTS, extensive medication use, and a hospital stay throughout the previous week. He defined POTS as positional orthostatic tachycardia syndrome but questioned that diagnosis.

He predicted she could have a rapid heart rate, lightheadedness, or near-fainting while sitting or resting without changing position. He interpreted those symptoms as vasoconstriction rather than POTS.

For Crohn’s disease, he repeated his autoimmune model. He said the immune system targets bacteria and other material entering through microfissures in the single-cell lining of the colon. He also said 70% of the immune system is located there. Repairing the gut would, in his view, resolve both Crohn’s and the vasoconstrictive symptoms labeled as POTS.

Breck invited her to connect with his team. He said they would publicly document her recovery and asked her to return the next year to tell the audience she no longer had the condition.