

INTRO TO EPIGENETICS

WHAT YOU CAN DO NOW TO START LIVING
A MORE HEALTHY & JOYFUL LIFE



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CONTENTS

What Is Epigenetics? 3

A Brief History Of Epigenetic Research 4

What Influences Gene Expression? 5

What Can You Do Right Now To Live A More Healthy Joyful Life 6

WHAT IS EPIGENETICS?

In simplified terms, epigenetics is the study of biological mechanisms that switch genes on and off. Epigenetic change is a regular and natural occurrence, but can also be influenced by several factors including age, the environment/lifestyle, and disease state. Epigenetics can affect things like which cells end up as skin cells, liver cells, brain cells, etc. Or, epigenetic change can have more damaging effects that can result in diseases like cancer. New and ongoing research is continuously uncovering the role of epigenetics in a variety of human disorders and fatal diseases.



A BRIEF HISTORY OF EPIGENETIC RESEARCH



It began as broad research focused on combining genetics and developmental biology by well-respected scientists including Conrad H. Waddington and Ernst Hadorn during the mid-twentieth century. The term "epigenesis" was coined by Waddington in 1942. During the 1990s there became a renewed interest in genetics. This was when it was realized that environmental stress was a factor in gene expression. The renewed interest in epigenetics has led to new findings about the relationship between epigenetic changes and a host of disorders including various cancers, immune disorders, alzheimers, and more.

WHAT INFLUENCES GENE EXPRESSION?

The field of epigenetics is quickly growing and with it the understanding that both the environment and lifestyle can affect gene expression. What you eat, where you live, who you interact with, when you sleep, how you exercise – all of these can eventually cause chemical modifications around the genes that will turn those genes on or off over time.

There are lots of resources and examples of how the environment affects our health. Dr Bruce Lipton wrote a book called "The Biology of Belief." He is a stem cell biologist and an internationally recognized leader in bridging science and spirit. In his book, he reveals that the environment, operating through the cell membrane, controls the behavior and physiology of the cell, turning genes on and off.

Dina Proctor's book, "Madly Chasing Peace: How I Went from Hell to Happy in 9 Minutes a Day", is a humorous, in-depth look at her journey from self destruction to self actualization through the practice of an ingenious healing meditation she developed. She explains how she changed her health through meditation and it was verified through lab work.

Deepak Chopra, M.D. and Rudolph Tanzi, Ph.D., are authors of the 2015 book "Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being." They explain that the mind and emotions directly affect gene activity, and since the mind is the source of a person's lifestyle and behavior, it directs one's biological transformations. They also point out that what you think, say, and do today shapes your genetic future.

The increased knowledge and technologies in epigenetics over the last ten years allow us to better understand the interplay between epigenetic change, gene regulation, and human diseases, and will lead to the development of new approaches for molecular diagnosis and targeted treatments across the clinical spectrum.

**SO WHAT CAN YOU DO RIGHT NOW TO LIVE A MORE HEALTHY
AND JOYFUL LIFE AND POSITIVELY IMPACT YOUR GENES?
HERE IS A PLACE TO START:**



- 1) Reduce stress through a combination of mindfulness, breathing, meditation, and yoga
- 2) Eat fresh foods (organic as much as possible) with healthy fats (no industrial canola oil, soybean oil, corn oil, etc.)
- 3) Drink organic herbal teas
- 4) Stabilize your blood sugar by eating a low carbohydrate, low sugar diet
- 5) Drink plenty of water and get good sleep. Your brain, for example, detoxes at night.
- 6) Get out in nature for some gentle exercise and a healthy amount of sun
- 7) Use as much purified drinking and bathing water as possible
- 8) Express gratitude for even the smallest things like a blooming flower
- 9) Stay away from EMF's as much as possible. Consider turning the WiFi off at night and using ear phones on the cell phone. Do not keep the cell phone near your body.
- 10) Minimize your exposure to chemicals in the home and on your body