EPIGENETICS

All diseases have a __genetic____ component.

_Epigenetics _ refers to the factors that affect the way genes work, independent of the genes themselves.

The same genes can have different expressions. You can impact how your genes _are__ _expressed___ based on what you do.

Because two tribes of PIMA Indians have the same diabetes genes, yet in one tribe >50% have diabetes and in the other it remains very low, we know that __factors____ other than genes __triggered___ _diabetes_____.

The Prostate Cancer Study shows us that genes can be turned on and off with _dietary_____ _changes_____ in as little as 90 days.

Dr. Charlotte Ling and her team of researchers have identified over ___800___ genes that have epigenetic changes which can affect diabetes.

One sugar hit may change epigenetic structure for _2___weeks.

The most powerful way to optimize your genetic expression is through your choice of __food_____.

Another way to optimize your potential is through _activity__.