

EPIGENETICS

All diseases have a _____ component.

_____ 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 _____ 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 _____ other than genes _____.

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

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

One sugar hit may change epigenetic structure for _____.

The most powerful way to optimize your genetic expression is through your choice of _____,

Another way to optimize your potential is through _____.