



Your Genes & Your Health

If you have a history of cancer, diabetes, obesity, heart disease or other health conditions it doesn't necessary mean that you will also go down that path. What it does mean it there is likelihood, but you can do something about it.

If you were born with a genetic predisposition as previously mentioned you could alter the outcome by turning on and off specific genetic pathways. This has been highly researched known as **Epigenetics**, the study of biological mechanisms that will switch genes off and on. Basically you can look at it in this manner: your genes load the gun and your lifestyle pulls the trigger. Lifestyle and environment impact the expression of your genes.

Lifestyle factors:

- What you eat
- Where you live
- Who you interact with
- When you sleep
- How much you sleep
- How you exercise
- How much you exercise

Environmental factors:

- Industrial chemicals
- Pesticides
- Cigarette smoke
- Hormone mimics/endocrine disruptors
- Radiation
- Plasticizers
- Drugs and pharmaceuticals

- Obesogens

If you were born with flawed genes, then you may have to pay attention and create positive changes in your lifestyle, so you don't follow the outcome of your relatives.

Obesity and the disease process are 90% lifestyle, so that's good news because you are in control of your lifestyle. Your genes are not your destiny.

Resources:

<https://www.whatisepigenetics.com/what-is-epigenetics/>

<https://www.whatisepigenetics.com/epigenetics-clues-obesity-lifestyle-changes-modify-epigenetic-profile/>

<https://health.usnews.com/health-care/for-better/articles/is-your-dna-your-destiny-a-primer-on-epigenetics>