

Genetics/DNA is the new frontier in the healthcare industry. Scientists and health care providers are looking at genetics/DNA as the “Holy Grail” for the possibility of curing all ailments and relieving symptoms of most issues; including cancer, heart disease, anxiety, depression, brain chemistry, mood swings and energy fluctuations. Since 2006, with the completion of the Human Genome Project, which mapped and identified all human genes, great advances in genetics have been made giving us a glimpse into how genes affect health.

However, the medical scientists that are trying to figure out how to change our genetic code to cure disease are nowhere close to finding a solution. The truth is that help is needed now. Fortunately, there are doctors that are researching and clinically testing **nutrition** to support health by increasing genetic potential with great success.

We have the ability to change our “genetic potential” by something called Epigenetics. Epigenetics is the study of changes in an organism caused by modifying gene **expression** rather than altering the genetic code itself. This enables us to turn on or turn off how our genes are expressed; changing our body and brain chemistry, the symptoms we experience and even how healthy we are. An example of this is if a gene that is linked to a specific type of cancer is turned off you are less likely to get that type of cancer. Conversely, by turning on the same cancer gene you are more likely to get that type of cancer. Epigenetics control this genetic on/off switch by many things including age, diet, lifestyle and nutritional supplementation.

This knowledge gives you the power to make personal choices to create solutions to your health issues; enabling you to be as healthy as you choose to be. While knowing what to change for your unique health situation can be a daunting task, guidance and support will increase your chance of success. In upcoming newsletters, I will be sharing some insight on how to increase your genetic potential through the use of Epigenetics that will take your health to another level.