

## Genetics

By methylating genes, you can turn off or on your genetic tendency to dis-ease. Every gene in every cell is ultimately regulated by methylation. Methylation turns off many genes that can turn into chronic conditions that may run in a family like dementia, depression, heart disease, obesity, autoimmune diseases, and cancer. This is called “epigenetics” which is defined as modifying a genetic expression to improve your life and health. Your body is like a computer, our genetics is the software and epigenetics is how we treat our body. 85% of methylation takes place in the liver, so we must keep our liver clean. With the right tools we can change our inherited tenancies to certain diseases into a healthy, full life. We need to clean up our genes to achieve a whole new level of HEALTH. Your goal is to work with diet, chemical exposure, and lifestyle to maximize health based on your genetic mutations that are specific to you. Many things can influence IF your genes create symptoms. The epigenetics that affect your genes are:

- Diet-Carbs/Sugar in excess
- Wrong distribution of fats/proteins
- A shortage of nutrients (especially B vitamins)
- Lack of or too much exercise
- Not enough clean water/hydration
- Not enough sleep/irregular sleep patterns
- DIRTY food, water, air
- Exposure to toxins in products that you ingest or touch or breathe
- STRESS
- Alcohol only in moderation
- Medications

Things that can be affected by cleaning up your genes are:

- Genetic expression of diseases mentioned above
- Metabolism, energy, weight
- Protect what goes in and out of your cell membranes
- Brain and muscle health
- Neurotransmitter balance effecting mood, focus, and clarity of thinking
- Stress/ relaxation response
- Detoxification of chemicals, heavy metals, and excess hormones (estrogen)
- Immunity
- Heart Function
- DNA Repair

With every breath you take, you are exposing yourself to a toxic soup, so you need to clean up the parts of your life that you DO have control over. Eat organic when you can. Drink filtered water when you can. The dirty genes your parents and grandparents were born with were not as likely to express themselves because our world is full of more chemicals today.

Folate is the natural form of B9 which is required for methylation. Folic Acid is an artificial form of B9 which blocks folate receptors. **AVOID FOLIC ACID AT ALL COSTS! IT BLOCKS METHYLATION.** Methyl folate is the active version of folate that can be taken in supplement form if needed, but folate is prevalent in leafy greens. **NITROUS OXIDE** at the dentist **BLOCKS** methylation! Avoid this!

Your genetic report is a piece of paper showing your genetic susceptibility, not your genetic destiny. You can alter your life to change how your genes express themselves. Learn to work with your genes, giving them all the healthy support they need by eating lots of ORGANIC fruits and vegetables, drinking clean water, sleeping 8 hours at night, keeping stress down, and exercising gently.