

# Your Genes Are Not Your Destiny: Taking Control of Your Health

## What is Epigenetics?

Epigenetics is the study of how your environment and your choices act like "switches" for your genes. While you are born with a fixed set of DNA (your "climate"), your daily habits—like what you eat, how you move, and the air you breathe—determine which genes are turned on or off (your "weather"). This means you have much more power over your health than you might think!

## Why This Matters For You

- **You are in the driver's seat:** Research shows that about 80% to 90% of chronic disease is driven by your environment and lifestyle, not just the genes you were born with.
- **You can "flip the switch" on inflammation:** Specific nutrients in foods can act as molecular keys that turn off inflammation and turn on your body's natural antioxidant defenses.
- **You can slow down your biological clock:** By making healthy changes, it is actually possible to lower your "biological age," helping your body stay younger and more resilient on the inside than the number on your birthday cake suggests.

## What You Can Do Today

1. **Eat "Switch-Flipping" Foods:** Add more cruciferous vegetables (like broccoli sprouts or kale) and turmeric to your meals. These contain natural compounds like *sulforaphane* and *curcumin* that tell your cells to turn on their internal cleaning and protection systems.
2. **Lighten Your "Toxic Load":** Your body is constantly processing everything it touches. You can help "un-jam" your hormone signals by making one simple swap today: move your leftovers from plastic containers to glass jars to reduce your exposure to harsh chemicals.
3. **Think About Your Legacy:** Your health choices don't just affect you; they can actually leave a positive "mark" on your family line. When you heal your own biology, you are helping to create a healthier future for your children and grandchildren.

## Questions to Discuss with Your Practitioner

- Based on my family history, what does my "Genetic Climate" look like, and how can we best prepare for the "Weather"?
  - Are there specific "power foods" or supplements we can use to turn on my body's natural antioxidant switches?
  - How can we track my "biological age" to see how our plan is helping me stay young at a cellular level?
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