

# CHANGE YOUR GENES, CHANGE YOUR LIFE

## Creating Optimal Health With The New Science of Epigenetics

Biology is no longer destiny. Our DNA doesn't determine our health and disease prospects, as geneticists once believed. According to the new science of epigenetics, the vast majority of our genes are fluid and dynamic—and their expression is shaped by what we think and what we do. Our genetic profile may signal an inherited vulnerability to a disease, but our choices and behaviors determine whether these genes will be switched on or off. This brief but profound book by a renowned pioneer in integrative medicine reveals that each of us can change our genes to create optimal health and longevity.

### TITLE INFORMATION

**Title:** Change Your Genes, Change Your Life

Creating Optimal Health with the New Science of Epigenetics

**Topic:** Health / Genetics

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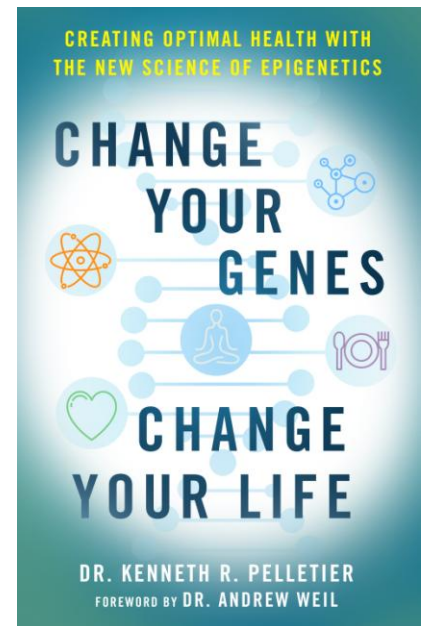
**Forward:** Dr. Andrew Weil, MD

**Release Date:** October 1, 2018

**Publisher:** Origin Press

**ISBN-10:** 1579830560

**Paperback:** 230 pages



### KEY SELLING POINTS

- Pelletier has been a **pioneer of integrative medicine** for four decades and has authored over a dozen books including the **international bestseller**, *Mind as Healer, Mind as Slayer* (1977), considered the first important trade book in the field of mind-body medicine.
- It has been almost four years since Dr Bruce Litpon's *Biology of Belief* and Dr Deepak Chopra's *Super Genes* have captured reader's attention on the topic of epigenetics. Pelletier's book extends beyond these popular titles, sharing the **latest scientific research in the "epigenetic revolution"** and shows readers how to apply this practical information into their lives to alter their genetic disposition away from many health risks and preventable diseases.
- In *Change your Genes, Change Your Life*, Pelletier discusses **the science of lifestyle medicine, explaining how we can switch genes on or off to compensate for our genetic vulnerabilities**.
- Readers will be introduced to the **Era of Personalized Medicine** as Pelletier **explains how genetic biomarkers** will become the new medical standard reference tool for measuring which specific lifestyle changes optimize an individual's health and longevity, based on their unique genetic profile.
- In this book the author exclusively **unveils a new protocol** in which he participated with the Mayo Clinic that—in a few short years—will provide specific individual recommendations on how to turn on positive genetic markers and turn off negative ones.
- Endorsed by **Mehmet Oz, MD; Mark Hyman, MD; Deepak Chopra, MD;** Tieraona Low Dog, MD; Jeffrey Bland, PhD, FACN, FACB; David S. Sobel, MD, MPH; Wayne Jonas, MD; K. Andrew Crighton, MD; Foster Gamble; Ken Dychtwald, PhD; Richard Carmona, MD, MPH, FACS; Emeran A. Mayer, MD, PhD; Steven Locke, MD and more.