



BodyTalk
*changes
lives*

Discover New Health

DNA and Your Health

If you could remodel your DNA, what would it look like? What if you could change your genes? Did you know that you are already doing that? According to Bruce Lipton, author of Biology of Belief, DNA extracted from a single cell can be stretched six feet. Two inches of the DNA never changes, but the rest changes all the time. BBC video production, The Ghost In Your Genes, expands on this concept and encourages us to take responsibility for our genes because our lifestyle can alter our DNA.

What turns genes on or off? As we've mentioned, our DNA changes all the time. How it changes and what it affects can alter the course of life. If we look at common diseases such as diabetes, cancer or high blood pressure, what makes them manifest in the body? Environmental influences such as pollution, exposure to chemical toxins, stress, beliefs, attitudes, defenses, self-esteem, fears and phobias, the types of foods we eat and whether we are adequately nourished are just some of the things that can affect how genes express themselves.

"As a man thinketh in his heart, so is he." This saying parallels a common statement among BodyTalk practitioners that our belief systems rule our DNA. If we look at our family history and then say to ourselves, "this person and that person and quite a few more in my family have _____. Therefore, I will also." The strength of the belief can be strong enough to change the way genes express themselves.

DNA changes. We know that. The experiments discussed in The Ghost In Your Genes indicate that the negative changes on the DNA can be reversed. In BodyTalk

sessions, belief systems as well as the effects of environmental influences can be addressed using a variety of techniques, reducing the stress placed on the body. This allows the body to heal. BodyTalk is a dynamic system and works well alone or with other medical models to promote optimal health. This is a new definition in healthcare. This is BodyTalk.

The views expressed are educational in nature and reflect the personal and/or clinical experiences of the author.



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