

How Genes Express and What That Means to Your Health

“Epigenetics” literally means ‘above, the genes.’ It is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself. Most of the control of gene expression comes not from within the cell, but from without, from the environment of the cell, and tells genes to express itself or turn off. Less than 1% of disease is caused by genes. Thoughts alone can switch on and off 2200 different genes!

Visualizing produces changes within the body. Our thoughts and emotions can radically alter our physical health on a biochemical level. Emotionally charged experiences, even through dreams, change our physiology. As we ponder various positive pictures in our imagination, and feel their truth, this changes our physiology by switching on healthy genes that unleash healing flow, regenerating us from the inside out.

Different things can change the expression of our genes. Several lifestyle factors have been identified that might modify epigenetic patterns, such as diet, obesity, physical activity, tobacco smoking, alcohol consumption, environmental pollutants, psychological stress, and working on night shift.

Thoughts alone can change the expression of our genes.

What we envision and imagine can radically alter our biochemistry toward health or toward disease. The interesting thing is, the body can't tell between real practice and practice that is vividly imagined and thought. Mental rehearsal causes genes to respond in the body. As you rehearse this destiny or promise, it becomes familiar to you. Your heart and mind are rewired to believe and receive and respond in faith and obedience to that which you are gazing upon. Your body changes! Thousands of genes are turned on or off to make this future your possibility today. Gaze upon this new reality, observing every detail, memorizing them, rewiring your mind and heart to receive. Combine the emotions of compassion, joy, thankfulness, and excitement knowing that what you are seeing on the screen inside your mind is your true reality! Positive emotions bathes your body in the neurochemistry that would be present if that future event were actually happening now. You are experiencing a taste of this future experience now!

Stress knocks the body out of balance: in three forms— 1) physical stress (trauma), 2) chemical stress (toxins), and 3) emotional stress (fear, worry, stress, being overwhelmed, and so on). Each type can set off more than 1,400 chemical reactions and produce more than 30 hormones and neurotransmitters.

Fear is a learned response. We are wired for love. Fear, anger, unforgiveness short circuit our system and cause stress neurologically, biochemically, emotionally and spiritually.

Diet and exercise affect gene expression for or against health.

Our positive and negative beliefs and emotions lodge in our cells and not just in our minds. It makes a huge difference the direction our thoughts, beliefs and imaginations dwell. And what we choose to dwell upon will impact our body toward health or toward dis-ease. The good news is that we are firmly in charge of where we fix our attention. Choose health!