

Epigenetics

Epigenetics is the study of what turns genes on and off.

Much like light switches, genes are manipulated by both conscious and subconscious activities; food, lifestyles, belief systems, where you live, who you're friends with, how you sleep, and even how you exercise.

One study involving men with prostate cancer showed that one month of eating clean, organic meals affected over 500 cancer markers, turning several "bad" markers off and several "good" ones on.

The changes in your epigenetics can be extremely fast when we make conscious decisions to live differently.

Emotional Pillar:

Write down the belief systems you have about your health. Then answer these questions:

Are they true?

What would you like them to be?

How can you change how you talk to yourself to make this happen?

Environmental Pillar:

Next look at your environment:

What changes can you make to create a more healthy environment?

Go room by room in your house and collect the products that you use (laundry detergent, room scents, deodorants, shampoos, etc.) and run the ingredients or brands through a search on EWG.com. Then ditch the products that you know are toxic and replace them with cleaner ones (Young Living Essential Oils is a great place to start).

Nutritional Pillar:

How's your diet (and be honest).

Have you done a Whole30 detox yet? If you've never detoxed like this, add it to your calendar and then visit Whole30.com to research and plan. It takes 30 days to detox your system from foods like sugar, but again, the effect on your epigenetics could be significant in just 30 days. Do it soon!

Structural Pillar:

How are you moving your body every day? Exercising? Commit to walking or stretching for at least 5 min every day. Then increase to 10 minutes and beyond!



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Foods that Increase Unhealthy Estrogen

Estrogen dominance occurs when Estrogen levels are above the 1:30 ratio to Progesterone. You need one molecule of Estrogen to 30 molecules of Progesterone.

If you're looking at blood work, Estrogen is usually measured in picograms and Progesterone in Nanograms. Convert Estrogen measurement to nanograms so that both are the same and then do the math. This means you can actually be LOW in Estrogen and still be estrogen dominant because you are also too low in Progesterone.

Why is this important? Hypothyroidism, certain cancers, cysts, fertility issues, depression, diabetes, exhaustion, and dementia are all linked to hormonal imbalances. Choosing your foods wisely is a great way to help balance these hormones.

Lower your Sugar

Get rid of sugar! Keep it under 40g a day. When insulin spikes, it requires cortisol to balance it. The easiest way to increase your Progesterone (precursor to cortisol) is to stop exhausting your cortisol!

Take out GMOs

Genetically Modified Organism (GMO) means chemicals have been embedded into the seed so that the plant doesn't die while the herbicide is applied. Several European nations have refused to import our GMO products because they recognize the destruction these foods do to the body. The main chemical we are concerned about is glyphosate, now found in extreme levels in most soy products, has been linked to hormone-dependent breast cancers, and in cotton used in tampons. Study after study has shown the way we grow harvest and store our grains is no longer healthy and may be destroying our hormonal balance. Tofu is often recommended to eat, and we find this in many vegetarian meals. However, this is a soy product and should be eliminated. Soybeans are also known as edamame, so avoid those, too.

Avoid Food Additives

We are seeing more and more processed foods being allowed to "hide" ingredients as proprietary secrets. Bottom line, limit as much of the processed, packaged foods you can. Eating fresh is always going to be the best!

Go Organic

Animals fed GMO food (grains) show high levels of estrogen activity that transfers to our bodies when digested. Estrogen has shown up in both cow and breast milk, meaning milk can also increase our estrogen activities. The bottom line: know your farmer. Limit your meat to small amounts of organic, free-range, grass-fed animals. A good 12 oz steak can easily feed a family of four. Look at investing in the Almond Cow to produce good clean nut milk as an alternative to animal milk.



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