



YOUR IN-ACTION EXERCISE

The Healing Secrets of Food Revealed EPISODE #5

TITLE

Reclaim Your Health Destiny: Program Your Genes for Wellness. Not Illness.

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SELF-INSIGHT REFLECTION

Today's In-Action Exercise is a **Self-Insight Reflection** that invites you to consider what today's meta-discovery about food, genes, and health means to you.

Here's today's In-Action, Self-Insight Reflection.

SELF-INSIGHT REFLECTION

Perspective. Last century's model of nutritional science told us "food is fuel, the body is a machine," and that weight loss is based on a 'calories in-calories' out "fuel" formula. We were also told our genes are our destiny.

Today's episode reveals that food, health, and weight is about more than counting calories, carbs, protein, and fat; rather, *food sends signals to your genes that have the potential to increase—or decrease—your personal genetic susceptibility to wellness or illness.*

What are your thoughts about this meta food-gene-health discovery? Is it influencing your thinking about what to eat to promote weight loss and well-being? If "yes," how so? If "no," why not?

To dive deeper into 'food, genes & health'...

For those of you who want to dive deeper into 'food, genes, and health:

- (1) read the blog article by clicking on the 'ARTICLE' CTA
- (2) consider reading my award-winning book, *Whole Person Integrative Eating*—which includes many studies about food, genes, health; and more. Available on Amazon.

LINK ON AMAZON

https://www.amazon.com/Whole-Person-Integrative-Eating-Breakthrough/dp/1887043543/ref=sr_1_1?crd=K3WPY48ZHT7J&dib=eyJ2Jm9iMSJ9.Ehl_vGzKhRtSjLiXuNzfOu3z7noMNkyFIV15j5GpYtyfbbjtJu5mjB7O06CMteaR3pK-_pXTPGHN59Xm5L5Y1FY5a-6JiX724fd-i32bAfrmmCnSFivS0j94Br6wL_aTc0mL4wW3Wg2ohb2-9EqxPfbjSjCJ8FSBRihwaeekmQG9DEFgDL2hxyNAyz-1U6.0Q88qTqjUzF6xSPhr-AIK2sb8t43VdZs7onMSqZLYlc&dib_tag=se&keywords=whole+person+integrative+eating&qid=1714841192&srefix=whole+person%2Caps%2C187&sr=8-1

Disclaimer: This In-Action Exercise is for informational purposes only. This In-Action Exercise is not intended to be a substitute for professional health or weight loss advice, diagnosis, or treatment. Always seek the advice of your health professional or another qualified health provider with any questions you may have regarding your condition or well-being.