



## YOUR IN-ACTION EXERCISE

### The Healing Secrets of Food Revealed EPISODE #6

#### TITLE: Epigenetics: Reset Your Genes—NOW—for Weight Loss & Well-Being

#### YOUR IN-ACTION EXERCISE SELF-INSIGHT REFLECTION

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

#### SELF-INSIGHT REFLECTION

Please read this short excerpt, from today's podcast, about the nutritional-epigenetic power of nutrients in food to switch off health-harming genes, so that offspring are healthy.

*"The study [about the Agouti mice] created a clear connection between diet and its ability to silence the harmful effects coded in genes...so much so that health may manifest instead of illness."*

Consider what the epigenetic meta-discovery about food, genes, and health means to you, personally. For instance, if you're prone to a certain illness that has been typical for your parents or other family members, do you think certain modifications to your most-of-the-time way of eating may be beneficial to your health? If "yes," how so?

#### To dive deeper into meta-discovery #2: 'food, epigenetics & health'...

For those of you who want to dive deeper into 'food, epigenetics, 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?crid=K3WPY48ZHT7J&dib=eyJ2IjojMSJ9.Ehl\\_vGzKhRtSJLiXuNzfOu3z7noMNkyFIV15j5GpYtyfbbjtJu5mjB7O06CMteaR3pK-\\_pXTPGHN59Xm5L5Y1FY5a-6JiX724fd-i32bAfmCnSFivS0j94Br6wL\\_aTc0mL4wW3Wg2ohb2-9EqxPfbijSjCJ8FSBRihwaeekmQG9DEfGdL2hxyNAyz-1U6.0Q88qTqjUzF6xSPhr-AIK2sb8t43VdZs7onMSqZLYlc&dib\\_tag=se&keywords=whole+person+integrative+eating&qid=1714841192&srefix=whole+person%2Caps%2C187&sr=8-1](https://www.amazon.com/Whole-Person-Integrative-Eating-Breakthrough/dp/1887043543/ref=sr_1_1?crid=K3WPY48ZHT7J&dib=eyJ2IjojMSJ9.Ehl_vGzKhRtSJLiXuNzfOu3z7noMNkyFIV15j5GpYtyfbbjtJu5mjB7O06CMteaR3pK-_pXTPGHN59Xm5L5Y1FY5a-6JiX724fd-i32bAfmCnSFivS0j94Br6wL_aTc0mL4wW3Wg2ohb2-9EqxPfbijSjCJ8FSBRihwaeekmQG9DEfGdL2hxyNAyz-1U6.0Q88qTqjUzF6xSPhr-AIK2sb8t43VdZs7onMSqZLYlc&dib_tag=se&keywords=whole+person+integrative+eating&qid=1714841192&srefix=whole+person%2Caps%2C187&sr=8-1)

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*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.*