



## Our Genes, Our Foods, Our Choices Better Health with the Methylation Diet

By Triveni P. Shukla

AuthorHouse. Paperback. Condition: New. 506 pages. Dimensions: 8.8in. x 6.1in. x 1.7in. Consider Our Genes Our Foods Our Choice your handheld audit of Food and Nutrition 101, a course that distills current research on the effects of food nutrients on gene expression and health by upkeep of your second genome and second brain-the enteric nervous system. It gives the power of knowledge: how foods and right lifestyle make and shape our body, mind, and behavior. The book provides extraordinary wealth of information on basic nutrients that feed our genes, that help us control diet and reduce weight, and that preserve our health and postpone senescence and death. This book is a great tale of symbiotic human beings whose existence depends on oxygen they breathe, the water they drink, the foods they eat, and the bacteria they have in their gut. In truth humans are creatures of sun, thriving under its energy and its gift of oxygen through plant life. The bacteria come from raw or fermented foods they eat. Its main lesson: human beings must supplement their daily gene expression and methylation diet with a lifestyle rich in exercise, meditation, yoga, sleep, belief, and planned social interactivity. They should protect and...



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