

BE CAREFUL WHAT YOU THINK – YOUR CELLS ARE LISTENING

THE STUDY OF EPIGENETICS

If we could get your subconscious mind to agree with your conscious mind about being happy, that's when your positive thoughts work.

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Epigenetics (*epi*, meaning in addition to, or over, and *genetics*, referring to the gene pool contained within our DNA) is a wonderful new study that has revealed even more of the hidden secrets of how these fantastic bodies of ours work.

A more formal description, Epigenetics...*is the study of inheritable changes in gene expression that may involve changes to the underlying DNA sequence.*

It was generally held that the DNA within the cells controlled all cellular activity. Later opinion was that DNA was little more than a blueprint, or pattern, that simply holds the precise coding for function and future cell generation (*mitosis* and *meiosis*). New evidence suggests that changes in the underlying DNA sequence does influence cellular function, which may temporarily or permanently alter or modify cellular activity in response to altered incoming data.

Epigenetics has revealed to us that all of the trillions of cells in the human body have information receptors imbedded in the wall of each cell which it uses for communication with other cells, and with information from the brain and the environment. But that's not all—it was recently discovered that in addition to the double helix of DNA in each cell, there exists a *epigenome*; a bound bundle of special proteins that can tell the *genome* what to do.

The human genome, the coding contained within the DNA, contains around 3 billion base pairs which reside in 23 pairs of chromosomes in the nucleus of the cell. But, only around 19,000 to 20,000 of these are selectively activated to give each of us our unique features, from our gender to our body type and hair color. Given the combinations and permutations of these numbers it is easy to understand that the likelihood of another person having an identical genome to you is trillions to one, except if you are a monozygotic (identical) twin.

The epigenome responds to incoming information into the cell by turning genes on or off. When these proteins attach to DNA and modify its function, they are said to have *marked* the genome. While these marks do not change the sequence of the DNA, they can change the way the host cell receives the DNA's instructions. These marks are sometimes passed on from cell to cell during cellular division, and can also be passed on from one generation to the next at conception. This could be one of the mechanisms used in the process of evolution—causing our bodies to undergo gradual change in response to environmental pressures and life experiences.

Until the advent of epigenetics, and the discovery of the epigenome and its function, scientists believed that human diseases were caused mainly by changes in DNA sequences. That hypothesis is rapidly changing.

It can now be demonstrated that changes in the epigenome can also cause, or result from, disease. Epigenomics has become a vital part of efforts to better understand the human body, and use that knowledge to improve our health.

At the sharp end, scientists are attempting to isolate what causes epigenomic changes that result in diseases such as cancer, rather than just attempting to isolate the aberrant gene.

Your thought processes form part of the communication with the cells in your body. Hypochondriacs get sick because they ‘will’ themselves to be sick—the cells in their bodies picking up on that negative input, to which they react accordingly. But we can also use this mindful input to our advantage.

Perhaps the most poignant example of mind over matter is the act of ‘pointing of the bone’ by an Australian aboriginal ritual executioner, or *kurdaitcha*, who wears shoes of woven feathers and human hair which have been infused with blood. Death is achieved by pointing a *kurdaitcha bone* at the intended victim. So intense is the belief among aborigines, the victim typically suffers an agonising death within just a few days. Although not as common today as a century ago, and despite there being no tribal remedy, hospital staff in the remote north of Australia are trained to recognise the symptoms associated with kurdaitcha bone pointing.

In 2004, as a result of disagreeing with the policies of then Prime Minister, John Howard, a group of disgruntled aborigines ordered his ritual death by pointing the bone. Prime Minister Howard survived without incident, simply because he did not believe in the curse. What can be learned from this is the absolute power of mind over matter. Aboriginal victims believe deeply, and most die, but those who do not believe are unharmed.

If you think negatively your body will react negatively, but the opposite is also true, if you make it happen. For example, if you want to be successful, don’t sit around hoping opportunity will come knocking on your door. Visualize what you want to achieve, but make sure it is an achievable ambition. If you imagine yourself flying to the moon on gossamer wings there’s a good chance you will not leave your living room. Devise a plan of action, think positively, and imagine yourself achieving your goal. Getting up off your derriere also helps. Read my blog, *Never Sell Yourself Short*.

I have spent over 50 years in gymnasiums, or health clubs if you prefer. From the time I commence exercising until I head for the showers, my mind is on my workout. To me, exercising is not a social event. Interrupting your workout to have a chat will break your concentration, your body will begin cooling down, you will lose focus and the benefits of your workout will be at least partially lost. Socialize over coffee when you are done.

To get the best possible outcome from any task you perform, concentrate on that task. For example, if you are working out and you are doing biceps curls, concentrate your mind on your biceps. This will alert the cells in your upper arms to what you are trying to achieve, and they will respond accordingly. Let your mind wander and the cells will go back to sleep.

Studies have shown that people who read a magazine while they are riding a stationary bicycle, and we see this every day, get less than 17 percent of the benefit they would otherwise enjoy if they were concentrating on the task. Why bother going to all that trouble if you are not getting the full benefit?

Our world population is in the grips of a pandemic of stress and depression never before experienced. Our days are filled with the negativity of there being a killer disease just waiting to pounce. Political correctness, caustic social media, a renewed threat of war and the fear of personal failure are just some of the other issues. If you want to reduce your stress and depression levels, start by removing as many of these destructive negatives from your life as you can.

We tend to absorb these stresses into our minds where we are unable to effectively deal with them. Add stress upon stress and very soon your system becomes so overloaded and unable to cope that the results can be catastrophic.

Try this. When you are next confronted by a particular stress, be it within your mind now, or newly arrived, mentally take that stress and imagine you are putting it out in front of you. Analyse it and determined what the problem is, and then consider what could be the very worst outcome. Read my paper, *Externalising and Dealing With Stress*.

Accept that, and begin dismantling the threat into manageable bits and move to mitigate each one in turn. Each time you solve a bit it converts a negative into a positive and you are on your way to becoming stress free. It doesn't matter how dark the sky, there is always a silver lining. Go find it.

This power of positive thinking will also influence the level of benefit you will achieve when undertaking your *Grounding*, *Connecting*, and *The Big Gulp* sessions. Information and instruction papers on each procedure are available as free downloads on this website.

From a day-to-day perspective, we are living in a world in which we are bombarded by an intensity of information, good and bad, that is causing us to suffer information overload. Be selective in what you expose yourself to, and set up a barrier against the unimportant negatives that invade the personal space that we are each entitled to enjoy.

Life can be tentative, and no one can be absolutely sure what 'fate' has in store for them, but that's life. Too many people spin their wheels and let their lives slip by without achieving very much. Life is the greatest gift of all, so live it to the max, and be kind to others. Look after your body—it's the only one you will ever have—think positively, and remember not to use food or booze as buffers. Eating, and a glass of what you like most, are two of life's pleasures, but overconsumption is not worth dying for. Keep everything in perspective.
