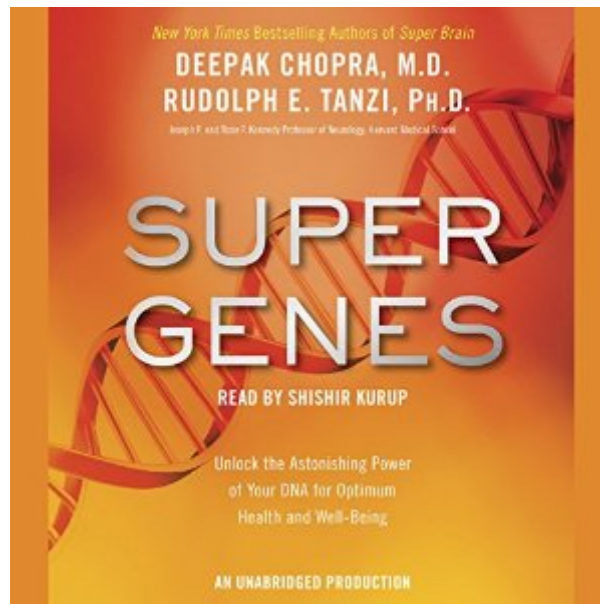


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Super Genes: Unlock The Astonishing Power Of Your DNA For Optimum Health And Well-Being



Synopsis

The authors of the New York Times best seller *Super Brain* present a bold new understanding of our genes and how simple changes in lifestyle can boost genetic activity. The leap into "radical well-being" is a promise waiting to be fulfilled. "You are not simply the sum total of the genes you were born with," writes Deepak Chopra and Rudy Tanzi. "You are the user and controller of your genes, the author of your biological story. No prospect in self-care is more exciting." Learning how to shape your gene activity is at the heart of this exciting and eagerly anticipated book from the best-selling duo behind *Super Brain*, which became a nationwide hit on public television. For decades medical science has believed that genes determined our biological destiny. Now the new genetics has changed that assumption forever. You will always have the genes you were born with, but genes are dynamic, responding to everything we think, say, and do. Suddenly they've become our strongest allies for personal transformation. When you make lifestyle choices that optimize how your genes behave, you can reach for a state of health and fulfillment undreamed of even a decade ago. The impact on prevention, immunity, diet, aging, and chronic disorders is unparalleled.

Book Information

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Customer Reviews

I heard about this book on Conan he had deepak chopra talk about it. I am not someone special by any means i put fuel in trucks for a window company thats my job. But this guy made my brain click if you have a understanding about things a average person wouldn't even think about get this book it might change your life by opening your mind because it makes sense. When i talk to my family

about something similar they look at me like your nuts and half retard. But anyways i dont explain myself very well sometimes i sound like i need to go back to school I've been told. So starting on one improvement i need to quit talking about myself. Get the book

Sections ONE and THREE were excellent! Section ONE reviews the science and Section THREE attempts to integrate MIND and CONSCIOUSNESS into the genetic equation. In my opinion, these are the areas where the authors shine. Dr. Tanzi is a geneticist and Dr. Chopra is a philosopher focused on the Unity of Life. Section TWO -- the practical lifestyle advice -- in my opinion was weak. As far as I know, neither of the authors and currently in private practice, working with a large number of patients. I found the advice too general and limited. As a clinician, I didn't think they had the necessary power to match the possibilities that the rest of the book makes available. Still ... an important work ... and I am glad they wrote it!

Chopra and Tanzi break new ground What lifestyle is best for your genes? That's the newest and hottest topic in alternative medicine, and in this book Deepak Chopra and Harvard Medical School professor Rudolph Tanzi give the best, most up-to-date answers. Super Genes is based on what the authors consider a revolution in genetics, one that most of us haven't been aware of, unless we follow the science closely. In high school biology everyone learns that the genes we're born with remain the same throughout our lifetime. That hasn't changed, and when it was gospel that DNA was fixed and permanent, there was little or no support for basing your lifestyle choices on genes. But now there is tremendous optimism about optimizing the activity of our genes--meaning the hundreds of complex chemicals that DNA regulates in every cell--which is what this book is all about. Yes, some of the science is speculative right now, as the authors make very clear. But the trends are unmistakable. What you eat, how you exercise, how you manage stress--these basic choices send messages to every cell, and in turn the cells respond at the genetic level. For anyone looking mostly for the how-to in this book, Chopra and Tanzi offer three kinds of lifestyle choices: easy, harder, and experimental. They argue that millions of people fail to make significant changes in their lifestyle because they can't remain motivated. As a solution, the authors recommend making only one easy change a month and sticking with it. Their menu of choices is quite extensive, and it's totally workable to find something you can adopt, no matter what your state of well-being is right now. The menus are divided into six sections: Diet Exercise Stress Sleep Meditation Emotions The advice given in these sections is valuable because 1. The authors have gathered all the best current knowledge in each area and 2. Every choice is linked to benefits that you (and your doctor) can

track. The goal of achieving a higher state of wellness is put within reach of everyone. I'll leave it to Chopra and Tanzi to explain the science; they've been considerate to lay readers by placing the research and data in separate sections from the practical, self-help sections. Don't avoid this book because you are science-phobic. The material on why we should all adopt an anti-inflammatory diet is worth the price of the book. That may be the most significant addition to most people's knowledge, and it could make a huge difference in how a person ages, along with their risk of contracting a chronic disease later in life. Super Genes fits into a much broader agenda, however, which Deepak has pursued for decades, and now he has a world-class authority to back it up. The core of the agenda is to make everyone aware that the mind-body connection holds the key to a quantum leap in well-being. Two or three decades ago, that was a tough message to sell. America is still a diet-obsessed, pill-popping society where prevention and wellness make slow but steady strides. Now the mind-body connection is firmly established, and no one doubts that meditation--on which Deepak is an expert--brings proven benefits to health and well-being. Super Genes explains that these benefits begin at the genetic level, which is exciting news that will only get better as the research expands.

"Super Genes" is a self-help book. The underlying belief system is that evolution is certain and that Vedic and Ayurveda traditions are correct. The authors interpreted various studies and experiences in a way that conformed to their belief system. This is a natural thing to do, but much of Part 1 and Part 3 was speculative. If you don't share their base assumptions, these sections may hold little interest for you. Part 1. Scientists have gathered a lot of data on epigenetics, but epigenetics is so complex that they're only beginning to understand how it might work. Basically, having a 'breast cancer' gene doesn't necessarily mean you will get that disease. Factors like nutrition, exercise, and stress can determine whether a gene is "switched on" or "switched off." The rest was confusing, but apparently adaptation can happen through epigenetic markers on our DNA which can be rapidly changed as outside stressors change. These markers can be passed on to offspring but also changed back by those offspring. I suspect most of this section will become outdated as we learn more. They also discussed the microbiome and how the bacteria living in our gut and elsewhere affect our bodies through the compounds they produce. In Part 2, they discussed some basic changes you can make relating to diet, stress, exercise, meditation, sleep, happiness and fulfillment which will improve your health. I've heard much of this advice before. The authors understood that people resist change, so they gave advice on how to make lasting changes. They also presented their proposed changes in terms of small, easy steps. You make one easy change each week. In

Part 3, the authors proposed a new mechanism for evolution that isn't based on random chance but on "mindful evolution." They made it clear they don't believe in Intelligent Design (which suggests an outside intelligence source), but rather the organism helps to guide its own evolution. They don't explain how adaptation based on epigenetic markers somehow resulted in useful, new DNA (especially considering how complex DNA expression is turning out to be). But their main point seems to be a hope that someday we'll be able to purposefully direct our own evolution. Frankly, I think the book would have been better as two separate books: one on their speculative ideas from Part 1 & 3 and one with their practical advice from Part 2. I received this book as a review copy from the publisher. Update 2/17/16: Perhaps I should have explained why I said, "The rest was confusing..." The author(s) seemed to jump around to what interested them. Section One didn't appear to be written with the intent to clearly explain epigenetics or how the author(s) reached certain conclusions, thus it wasn't always clear. Also, perhaps quoting another author will illustrate what I meant by "speculative parts...not widely accepted." Jo Marchant has a PhD in genetics and medical microbiology. She spent a couple pages in her book CURE explaining epigenetics and concluded on page 185: "New-age and holistic healers have seized on the concept of epigenetics as proof of what they claimed all along--that we can control our DNA and therefore heal ourselves using our minds. Such claims are vastly exaggerated and misleading--researchers are only just starting to work out the balance between epigenetic changes fixed in childhood and those that remain fluid later in life. They're also not sure how early these changes occur (although extrapolating from animal studies suggest that we may be most susceptible before about age two). Pinning down the precise nature, mechanisms and timing of these changes--let alone their implications for health--is going to be a mind-boggling task."

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