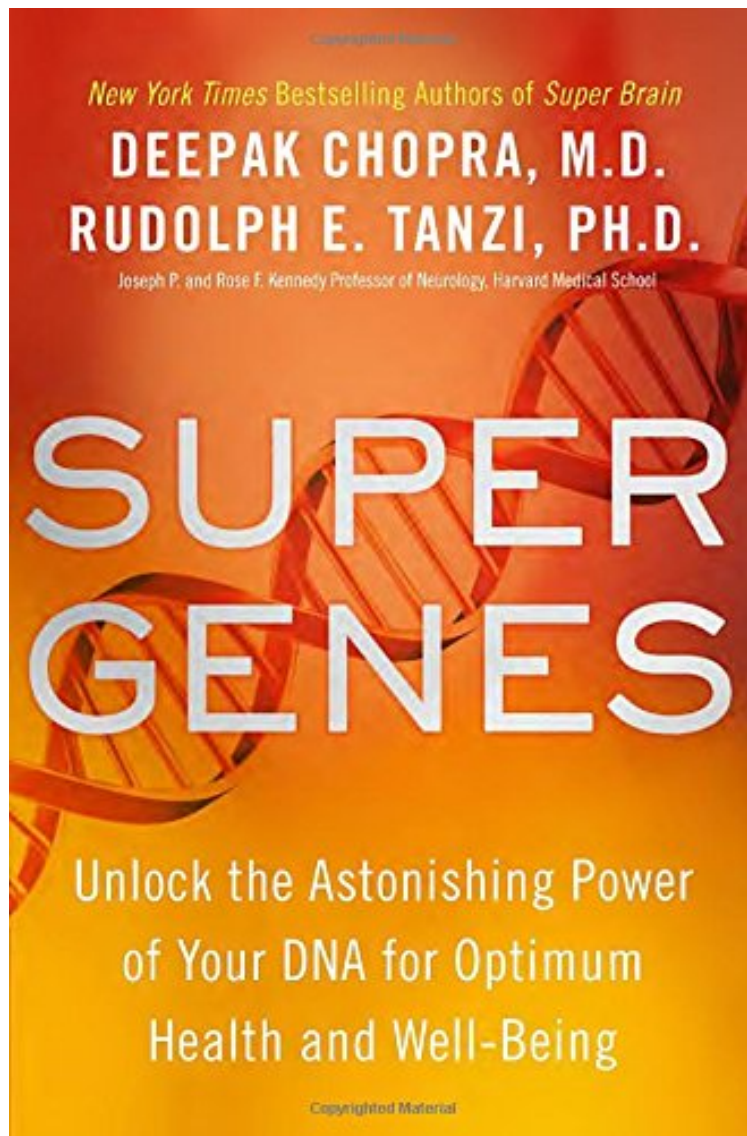


(Mobile pdf) Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being

Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being

Deepak Chopra, Rudolph E. Tanzi Ph.D.
ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#32226 in Books Ingramcontent 2015-11-10 2015-11-10Original language:EnglishPDF # 1 9.50 x 1.00 x 6.30l, 1.25 #File Name: 0804140138336 pagesSuper Genes Unlock the Astonishing Power of Your DNA for Optimum Health and Well Being | File size: 42.Mb

Deepak Chopra, Rudolph E. Tanzi Ph.D. : Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being before purchasing it in order to gage whether or not it would be worth my time, and all praised Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being:

85 of 89 people found the following review helpful. Get the book if you want to improve your body and mind. By Dan 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 that's 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 don't 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. 86 of 90 people found the following review helpful. Two Out of Three! By Dr. David Kamnitzer 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! 67 of 71 people found the following review helpful. You'll Never Look at Your Genes the Same Way Again By George 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.

The authors of the New York Times bestseller 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 bestselling 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.

In Super Genes, Drs. Deepak Chopra and Rudolph Tanzi illustrate the interplay of nature and nurture using cutting

edge genetic science and argue persuasively that adapting ones lifestyle can maximize the potential to transcend the inherited susceptibilities handed down to us from our parents." James Gusella, Ph.D., Director, Center for Human Genetic Research Harvard Medical School

Once thought to be the domain of genes, the control of health and behavior is now dynamically linked to the environment, and more importantly, our perception of the environment. Super Genes, by Deepak Chopra and Rudy Tanzi, is a paradigm-shattering synthesis of epigenetic science that offers an easy-to-understand explanation of the mechanisms by which consciousness and environment control our genetic activity. Drs. Chopra and Tanzi's contribution is a valuable resource that empowers us to become the masters of our fate rather than the victims of our heredity. Bruce H. Lipton, Ph.D., Epigenetic scientist and bestselling author of *The Biology of Belief*, *Spontaneous Evolution* and *The Honeymoon Effect* "The concept that biology is destiny is one of the most pathological and toxic exaggerations to emerge during the entire scientific era. This hard-core materialistic view has been a kind of psychological enslavement that has pushed many people into nihilism and despair. In *Super Genes*, Drs. Deepak Chopra and Rudolph E. Tanzi discuss new evidence that our genes are not our masters, but they respond in large measure to our choices and behaviors. The resulting view honors not just the body but mind and spirit as well a vision that is as bright and hopeful as the old view was morbid and depressing. *Super Genes* is an important book. It will empower anyone who reads it, because it expands our view of what it means to be human." Larry Dossey, MD, author of *One Mind: How Our Individual Mind Is Part of a Greater Consciousness and Why It Matters* "Super Genes demolishes the myth that our genes determine our fate. Deepak Chopra and Rudy Tanzi explain in breathtaking detail the magic of how our diet, lifestyle, our thoughts and even our gut bacteria or microbiome "talk" to our genes, regulating which genes get turned on or off, or turned up or down influencing every aspect of our health. This is essential reading for anyone interested in turning on their health, weight loss, happiness and longevity genes!" Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, author of the #1 New York Times Bestseller, *The Blood Sugar Solution*. We used to think everything about us was either our genetics or our environment. But in *Super Genes*, Deepak Chopra and Rudi Tanzi adeptly teach us that it's all about both how tightly they are intertwined. And what we can do about it. Eric Topol, MD, author *The Patient Will See You Now*, Professor of Genomics, The Scripps Research Institute Flawlessly weaving together the complicated science of genetics with the touching stories of very real people, my friends Deepak and Rudolph have written a book that you won't put down. You will find yourself scribbling furious notes, and sharing your new wisdom with the people you love. First they gave us all the ability to have Super Brains, and now they have done the same with our Super Genes. Sanjay Gupta, MD, Neurosurgeon and author of *Chasing Life, Cheating Death and Monday Mornings* "A ground breaking and eye-opening account of recent discoveries in two new fields - epigenetics and microbiomics - weaved with practical insights to optimize our own wellness and longevity. Rudy Tanzi and Deepak Chopra, renowned pioneers in their respective fields, have written one of the most important health books of the year." Murali Doraiswamy MD, Professor of Psychiatry and Medicine, Duke University *Super Genes* will take you on an exciting journey of discovery about the ways genetic expression can be modified by simple lifestyle changes and even by how you use your mind. The essential message of this important book is that your genes alone do not determine your destiny. You can learn how to influence them to enjoy better health and optimum well-being. I recommend it. Andrew Weil, MD, author, *Healthy Aging and Spontaneous Happiness* Our genes are a predisposition, but they are not our fate. The biological mechanisms that affect our health and well-being are often extraordinarily dynamic for better and for worse. When we eat well, move more, stress less, and love more, our bodies often have a remarkable ability to transform and heal. *Super Genes* is a superb contribution to our growing knowledge that mind, brain, genome, and microbiome can act as a single system. Drs. Chopra and Tanzi continue to make pioneering contributions that are bringing integrative medicine into the mainstream. Highly recommended! Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute Clinical Professor of Medicine, University of California, San Francisco Genetics is a two-way street. Drs. Chopra and Tanzi show how the mind can tell the genes to heal the body. Stuart Hameroff, M.D., Banner-University Medical Center, The University of Arizona About the Author DEEPAK CHOPRA MD, FACP, member of Oprah's SuperSoul 100, founder of The Chopra Foundation, and co-founder of The Chopra Center for Wellbeing is a world-renowned pioneer in integrative medicine and personal transformation. He is the author of more than 80 books translated into over 43 languages, including numerous New York Times bestsellers. Two of his books, *Ageless Body, Timeless Mind* (1993) and *The Seven Spiritual Laws of Success* (1995) have been recognized on The Books of The Century Bestsellers List. He serves as an Adjunct Professor at Kellogg School of Management at Northwestern University, Adjunct Professor at Columbia Business School, Columbia University, Assistant Clinical Professor, in the Family and Preventive Medicine Department at the University of California, San Diego, Health Sciences, Faculty at Walt Disney Imagineering and Senior Scientist with The Gallup Organization. TIME magazine has described Dr. Chopra as "one of the top 100 heroes and icons of the century and credits him as "the poet-prophet of alternative medicine." The World Post and The Huffington Post global internet survey ranked Dr. Chopra #40 influential thinker in the world and #1 in Medicine. DR. RUDOLPH E. TANZI, Ph.D. is Professor of Neurology and holder of the Joseph P. and Rose F. Kennedy Endowed Chair in Neurology at Harvard University. He serves as the Vice-Chair of Neurology and Director of the Genetics and Aging Research Unit at Massachusetts General Hospital. Dr. Tanzi is a pioneer in studies aimed at identifying genes

for neurological disease. He co-discovered all three genes that cause early-onset familial Alzheimers Disease (AD), including the first AD gene, and currently spearheads the Alzheimers Genome Project. He is also developing new therapies for treating and preventing AD based on his genetic discoveries. Dr. Tanzi was named to TIME magazines TIME 100 Most Influential People for 2015, and to the list of Harvard 100 Most Influential Alumni. He has also received the highly prestigious Smithsonian American Ingenuity Award for his pioneering studies of Alzheimers disease. He is the co-author of the New York Times best seller Super Brain with Dr. Deepak Chopra, has professionally played keyboards with Joe Perry and Aerosmith, and is the host of Super Brain on public television.