

Question

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stress. In other words, genes that lie dormant can be “awakened” or “switched on” by chronic inflammation, stress, environmental toxins, diet, or aging.

There is growing evidence that dietary factors can change the genetic markers that trigger some cancers. The gene expression begins in utero. In fact, the clean air and unprocessed food your grandparents breathed and ate are affecting you now while today’s fast food, exposure to caustic cleaning products, petroleum-based makeup, air pollutants and pesticides are affecting the gene expression of the next generations. It has been shown that pregnant women who eat abundant

fruit and vegetables and take prenatal vitamins have babies with a lower incidence of childhood leukemia.

More research is needed, but adverse DNA expression that can result from exposure to environmental toxins, such as the BPA found in plastics and the lining of canned goods, is indicated by reducing contact with these contaminants.

The study of epigenetics is rapidly evolving. This area of medicine holds the key in halting gene expression for chronic disease. We already know that eating wisely — that is, a Mediterranean type plant-based diet — is the most important first step.

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