



## Your Health

Today I will be discussing matters relating to your lifestyle and your health and some of the ways it affects your very existence. Your health today is the sum total of your life experience.

Many of those experiences helped to create the current status of your health equation:

- The health status of your mother when you were in the womb
- The drug therapy you may have had
- The diet you ate
- The chemicals to which you've been exposed
- The genes you carry
- The environmental & work stressors
- Spiritual, family and personal challenges
- Exercise or the lack thereof
- And other yet uncovered influences

You may not know this, but your lifestyle significantly affects your body chemistry all the way down to the level of your genes. Most people tend to think of their genes as fixed, unchangeable elements that confer things like hair color, eye color and predisposition to certain diseases. In reality, your genes are quite pliable. They can become more active or more passive based on what you do and how you live. All the activities of life, for example, eating sleeping, exercising, conflict and love are all involved in managing ways in which genes express themselves. There are things that you can do to either "Turn on" or "Turn Off" certain gene expression and bring your biochemistry more favorably into your control. For example, exercising and taking certain supplements can modulate gene expression. Taking fish oil for instance, can help to quell the inflammatory processes in the body. In addition, your body chemistry naturally changes as you mature. If you do not seize control of the things that you can change, your body's adaptive responses will become activated. Failure to recognize these events and to take action can predictably lead to changes that predispose you to disease manifestation. There are some basic points to consider for optimizing your health...Blood sugar and insulin, inflammation and oxidative stress, and neuropsychological health and optimal nutrition. By now you must be thinking that this is a formidable task and you feel overwhelmed and might not know where to begin. That is why Total Health Solutions is here to help you with your journey to optimal health. We will be discussing these issues and more in subsequent articles. You might be asking, "Where do I begin?" A great place to start is with your "Gut" health – believe it or not!

Be sure to read our Advisory on the Gut and it's implications for your health and immunity.

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