



The Genie in Your Genes

Dawson Church Ph.D.

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Voted Best Health Book, USA Booknews National Awards. Your genes don't control your health or happiness outcomes; in fact many of the choices you make turn genes on or off. Author Dawson Church applies the insights of the new field of Epigenetics (epi=above, i.e. control above the level of the gene) to healing. Citing 417 scientific studies, he shows how consciousness—in the form of beliefs, altruism, optimism, meditation, emotions, and energy psychology methods like EFT—can trigger the expression of DNA strands. He focuses on a class of genes called Immediate Early Genes or IEGs. These genes turn on within a few seconds of a stimulus. They can be triggered by thoughts or emotions ("I loved that unexpected gift of roses Bill gave me" or "I'm so mad about what Uncle John said at the Christmas party"), as well as spiritual experiences, and acts of kindness. Many IEGs are regulatory genes and turn on other genes that affect specific aspects of our immune system, such as the production of white blood cells that destroy attacking bacteria and viruses. Epigenetics thus influences our health every day.

He coins the new term "Epigenetic Medicine" to describe healing techniques with epigenetic effects. He also summarizes the science behind the infant fields of Energy Psychology and Energy Medicine, both of which offer promising epigenetic medical therapies, and describes examples of the powerful personal breakthroughs being achieved by therapists, doctors, athletes, and entrepreneurs practicing these techniques. *The Genie in Your Genes* shows that there is a sound theoretical framework, based on credible experiments, for understanding these astonishing results and predicts that the insights of Epigenetic Medicine will dramatically advance the fields of both medicine and psychology in the coming decade.

Best of all, *The Genie in Your Genes* demonstrates that, by taking control of our consciousness and using it to influence our genetic expression, we can sometimes bypass years of therapy, as well as harmful drugs and invasive surgeries, to, in effect, do continuous genetic engineering on our own bodies. This can produce both immediate relief from long-standing anxieties and neuroses, as well as "miraculous" healing of pain, autoimmune diseases, and other symptoms.

Among a new crop of books that chart the way to a positive health future, *The Genie in Your Genes* stands out as a scientifically rigorous yet inspiring indicator of a future medicine that links soul to body and mind.

Dawson Church, Ph.D., is the founder of Soul Medicine Institute, has conducted numerous studies in the field of energy medicine, and lectures widely at psychology, medicine, and anti-aging conferences. He set up a network of therapists, the Iraq Vets Stress Project, to make energy psychology available to returning veterans, and through EFT Power Training, instructs sports teams, businesses, and medical offices in the implementation of breakthrough therapies. His other books include *Soul Medicine* and the *forthcoming Your Happy Genes*.

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Louise Graham:

Now a day those who Living in the era just where everything reachable by match the internet and the resources inside it can be true or not involve people to be aware of each info they get. How people have to be smart in having any information nowadays? Of course the reply is reading a book. Studying a book can help persons out of this uncertainty Information specially this The Genie in Your Genes book because book offers you rich info and knowledge. Of course the knowledge in this book hundred % guarantees there is no doubt in it as you know.

Dolly Taylor:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their spare time with their family, or their particular friends. Usually they accomplishing activity like watching television, going to beach, or picnic inside the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Can be reading a book is usually option to fill your totally free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the guide untitled The Genie in Your Genes can be very good book to read. May be it could be best activity to you.

Michael Hollinger:

The reason why? Because this The Genie in Your Genes is an unordinary book that the inside of the e-book waiting for you to snap that but latter it will zap you with the secret the idea inside. Reading this book close to it was fantastic author who also write the book in such awesome way makes the content on the inside easier to understand, entertaining means but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of positive aspects than the other book have such as help improving your ability and your critical thinking technique. So , still want to hold off having that book? If I had been you I will go to the book store hurriedly.

Mary Wines:

Is it an individual who having spare time subsequently spend it whole day by simply watching television programs or just laying on the bed? Do you need something new? This The Genie in Your Genes can be the reply, oh how comes? The new book you know. You are so out of date, spending your spare time by reading in this new era is common not a geek activity. So what these ebooks have than the others?

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