Reaching Your Epigenetic Potential

The majority of people have pretty solid genes. It’s the environment that determines how our genes express themselves. You will get so much more out of your genetic testing when you look at epigenetic factors first. Genetic testing lets us see how we’re hardwired. Then we make lifelong decisions to optimize our genetic function!

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https://thelivingproofinstitute.com/
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Epigenetics

You will get so much more out of your genetic testing when you look at epigenetic factors first:

• Sleep
• Sunlight
• Movement
• Thoughts
• Relationships
• Environment
Key Messages

• We have innate intelligence: this amazing ability to self-regulate, to heal, and to regenerate.
  • This can be done naturally if we provide the right environment.

• Functional medicine and genetic testing is increasing the level of self-awareness of the population of people who are willing to take action.
  • This is not a health movement; it’s an empowerment movement.

• The majority of people have great genes. It’s the environment that they put their genes in that determines how they express themselves.
  • Epigenetics overrides your genetics
  • Genetic testing does not replace lifestyle.

• Your hardwired genetics don’t change. How we express them changes. Genetic testing let’s us measure how we’re hardwired and then make lifelong decisions.
Resources

The Living Proof Institute’s mantra is to help people stay out of their office.

• Get your free 30 Ways in 30 Days action plan:
  ◦ 30in30.org 30 lifestyle practices to help you experience life on a whole new level

• Do 5 to 15 things and your life will transform

• Your family members will benefit too
The Motivation Molecule

Learn the biological secrets to get more done

Get your copy today here: [Click here](#)
Regain Control of Your Genes…

• Find out how: DirtyGenes.com
• Get free gifts from Dr. Ben Lynch:
  • ABC’s of Clean Genes (Bonus Chapter)
  • Air & Mold Resource Guide
  • Genetic Testing Resource Guide
• 2 Videos:
  • Fundamentals of Genetics
  • Genetic Testing & Reports
• Seeking Health discounts
Support Your Genes…

- Where to start: seekinghealth.com
  - ProBiota HistaminX
    - Support the gut’s healthy response to ingested histamine*
  - Optimal Liposomal Glutathione Plus
    - Support the body’s healthy free-radical defenses*
  - Optimal Electrolyte
    - Support healthy hydration, energy, muscle recovery, and muscle growth*
- Enjoy $10 off your order! Enter this coupon code at checkout: DGSUMMIT

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