



<https://mthfrgenehealth.com/mthfr-symptoms>

What You Think and Believe Can Have a Profound Effect on Your Health



I will never forget when I was a teenager and my father told me that by the time I reached my 30s, how I'd slow down and stop exercising. Those were his beliefs. He also smoked and ate highly inflammatory foods, such as very sugary candy bars. He was in his late 40s when he had a massive stroke. He passed away later that same year.

My brother has the false belief that because my father passed away young, so will he. So he ate bad and stopped exercising by the time he reached his 30s. He also adopted the same mindset as my father. When my brother was 39 years old, he had his first heart attack. At 49 he had his second and it was much worse. His belief is that his genes determine his outcome in life. That he has absolutely no control over his health.

What are your personal thoughts about health and genes? I'm here to simply explain that you have a massive amount of control over your health and even your genes. You are not your genes, but how your genes are being expressed.

Let me get to what I'm talking about. There's a new science called "Epigenetics." In a sense, it literally means above the genes. Now, let me explain this way. Think of a grand piano. If you were to open the lid and expose the piano wires, you'd see how they are arranged. Each wire represents a different note along the musical scale. The keys on the piano keyboard activate a hammer that strikes a wire, creating a tone. This is true of every key on the piano keyboard.

Genes in our DNA are like the wires in a grand piano. In epigenetics, scientists have discovered an epigenome that lies on the outside of genome. This is like the keys on the piano keyboard. And like a piano, it all depends on how it is played whether an ugly sound comes out or a beautiful melody. How our genes are expressed also depends on how the epigenome is used.

Our thoughts and beliefs have a vital role in this. Dr. Bruce Lipton described in his book, *The Biology of Belief*, how he discovered that adrenaline was able to override a body's own locally produced histamine as it relates to receptor mechanisms being controlled. They both activate the same receptors. Though, adrenaline is activated by the central nervous system. Receptors are protein molecules on the membrane of the cell and the nucleus of the cell.

We also release other neurotransmitters that can have an effect on our bodies and how our genes are expressed. How the melody is played, depends on what we are thinking at the time and over time. Outside of how our thoughts and beliefs affect how our genes are expressed, they also lead us to take certain actions and behaviors in our lives.

Most of those times, those same actions you take also will have an effect on how your genes are being recoded. Additionally, you will engage in behavior that may be positive or negative depending on your thoughts at the time. All of this has an effect on your health.

If you have a belief that it doesn't matter what you eat, that you're already destined to have certain diseases, then guess what? You will. My brother still eats unhealthy and doesn't exercise. This despite what his doctors tell him. I've seen this in many others too.

My challenge to you is to start the process of changing any beliefs or thoughts that are detrimental to your health to ones that will help you. Believe that you control how your genes are being expressed. And also believe that you are not destined to be like your family, if they are unhealthy. Take the necessary actions towards living a healthy life full of vitality.

Company Description

MTHFR gene health are specialists in genetic health, MTHFR symptom diagnosis and treatment for MTHFR gene mutations including solutions for MTHFR fertility & Miscarriage. We help with diagnosis and treatment of complex health problems We provide online consultations globally. Learn more about: What is MTHFR, MTHFR Symptoms, MTHFR conditions, MTHFR Facts and Questions, MTHFR Treatments, MTHFR Self diagnosis, MTHFR Fertility, Miscarriage Solutions, Autism Treatments, Genetic gut solutions, Genetic migraine solutions, Auto immune disease solutions, Ancestry and 23andme raw data interpretation.

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Google Site: <https://sites.google.com/view/methfrgenehealthsymptoms/>

Google Folder: https://drive.google.com/drive/folders/1H_MPlvHB4nLjhdXmKCN-EbwdLSDSIB1r?usp=drive_open

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