

Inheritance How Our Genes Change Lives And Sharon Moalem

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Inheritance: How Our Genes Change Our Lives—And Our Lives ...

Inheritance: How Our Genes Change Our Lives—and Our Lives Change Our Genes provides a glimpse into the fascinating world of epigenetics, the study of how genes are activated or inactivated due to environmental changes. The majority of the book focuses on discoveries that have changed the way science handles conventional approaches to genetics (e.g. think Punnett squares for Mendel's pea plants) and how these discoveries present new dilemmas in pharmacology, nutrition and ethics.

Inheritance: How Our Genes Change Our Lives—and Our Lives ...

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Inheritance: How Our Genes Change Our Lives, and Our Lives ...

Your experiences, no matter how seemingly inconsequential - from bullies to crushes to what you eat for dinner - have all left an indelible mark within you. And more importantly, within your genes. Inheritance is a guidebook for change. No longer do we have to settle for what we've been given. We can write our own story.

Inheritance: How Our Genes Change Our Lives, and Our Lives ...

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Inheritance : how our genes change our lives-- and our...

In this trailblazing book, Dr. Moalem employs his wide-ranging and entertaining interdisciplinary approach to science and medicine-- explaining how art, history, superheroes, sex workers, and sports stars all help us understand the impact of our lives on our genes, and our genes on our lives. Inheritance will profoundly alter how you view your ...

Inheritance: How Our Genes Change Our Lives—and Our Lives ...

Inheritance: How Our Genes Change Our Lives—and Our Lives Change Our Genes. Inheritance. : Sharon Moalem. Grand Central Publishing, Apr 15, 2014 - Science - 304 pages. 3 Reviews. An award-winning...

Inheritance: How Our Genes Change Our Lives—and Our Lives ...

Inheritance: How Our Genes Change Our Lives—and Our Lives Change Our Genes Sharon Moalem MD PhD Award-winning physician and New York Times bestselling author Sharon Moalem, MD, PhD, reveals how genetic breakthroughs are completely transforming our understanding of both the world and our lives.

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Inheritance Quotes by Sharon Moalem - Meet your next ...

Non-genetic inheritance (NGI) involves a diverse range of mechanisms, which act together and independently in order to shape gene expression. Inherited gene regulation (IGR) describes the unified and diverse range of heritable factors which may change the gene expression of offspring. There are 3 key features of Non-Genetic Inheritance Systems:

Award-winning physician and New York Times bestselling author Sharon Moalem, MD, PhD, reveals how genetic breakthroughs are completely transforming our understanding of both the world and our lives. INHERITANCE Conventional wisdom dictates that our genetic destiny is fixed at conception. But Dr. Moalem's groundbreaking book shows us that the human genome is far more fluid and fascinating than your ninth grade biology teacher ever imagined. By bringing us to the bedside of his unique and complex patients, he masterfully demonstrates what rare genetic conditions can teach us all about our own health and well-being. In the brave new world we're rapidly rocketing into, genetic knowledge has become absolutely crucial. INHERITANCE provides an indispensable roadmap for this journey by teaching you: -Why you may have recovered from the psychological trauma caused by childhood bullying-but your genes may remain scarred for life. -How fructose is the sugar that makes fruits sweet-but if you have certain genes, consuming it can buy you a one-way trip to the coroner's office. -Why ingesting common painkillers is like dosing yourself repeatedly with morphine-if you have a certain set of genes. -How insurance companies legally use your genetic data to predict the risk of disability for you and your children-and how that impacts the coverage decisions they make for your family. -How to have the single most important conversation with your doctor-one that can save your life. And finally: -Why people with rare genetic conditions hold the keys to medical problems affecting millions. In this trailblazing book, Dr. Moalem employs his wide-ranging and entertaining interdisciplinary approach to science and medicine-- explaining how art, history, superheroes, sex workers, and sports stars all help us understand the impact of our lives on our genes, and our genes on our lives. INHERITANCE will profoundly alter how you view your genes, your health—and your life.

A groundbreaking book that will transform how we understand ourselves and our families by revealing that everything we thought we knew about genetics is wrong. Your experiences, no matter how seemingly inconsequential - from bullies to crushes to what you eat for dinner - have all left an indelible mark within you. And more importantly, within your genes. Inheritance is a guidebook for change. No longer do we have to settle for what we've been given. We can write our own story. We're taught that we don't have much of a choice in the matter of what we get or what we give, because our genetic legacy was fixed when our parents conceived us. But that's all wrong. Our genes are constantly on the move, some are turning on while others are turning off, all in response to what you're doing, what you're seeing, and what you're feeling. And all of those things can be changed, which means we can change. Genetically.

Award-winning physician and New York Times bestselling author Sharon Moalem, MD, PhD, reveals how genetic breakthroughs are completely transforming our understanding of both the world and our lives. INHERITANCE Conventional wisdom dictates that our genetic destiny is fixed at conception. But Dr. Moalem's groundbreaking book shows us that the human genome is far more fluid and fascinating than your ninth grade biology teacher ever imagined. By bringing us to the bedside of his unique and complex patients, he masterfully demonstrates what rare genetic conditions can teach us all about our own health and well-being. In the brave new world we're rapidly rocketing into, genetic knowledge has become absolutely crucial. INHERITANCE provides an indispensable roadmap for this journey by teaching you: -Why you may have recovered from the psychological trauma caused by childhood bullying-but your genes may remain scarred for life. -How fructose is the sugar that makes fruits sweet-but if you have certain genes, consuming it can buy you a one-way trip to the coroner's office. -Why ingesting common painkillers is like dosing yourself repeatedly with morphine-if you have a certain set of genes. -How insurance companies legally use your genetic data to predict the risk of disability for you and your children-and how that impacts the coverage decisions they make for your family. -How to have the single most important conversation with your doctor-one that can save your life. And finally: -Why people with rare genetic conditions hold the keys to medical problems affecting millions. In this trailblazing book, Dr. Moalem employs his wide-ranging and entertaining interdisciplinary approach to science and medicine-- explaining how art, history, superheroes, sex workers, and sports stars all help us understand the impact of our lives on our genes, and our genes on our lives. INHERITANCE will profoundly alter how you view your genes, your health—and your life.

Drawing on startling new evidence from the mapping of the genome, an explosive new account of the genetic basis of race and its role in the human story Fewer ideas have been more toxic or harmful than the idea of the biological reality of race, and with it the idea that humans of different races are biologically different from one another. For this understandable reason, the idea has been banished from polite academic conversation. Arguing that race is more than just a social construct can get a scholar run out of town, or at least off campus, on a rail. Human evolution, the consensus view insists, ended in prehistory. Inconveniently, as Nicholas Wade argues in *A Troublesome Inheritance*, the consensus view cannot be right. And in fact, we know that populations have changed in the past few thousand years—to be lactose tolerant, for example, and to survive at high altitudes. Race is not a bright-line distinction; by definition it means that the more human populations are kept apart, the more they evolve their own distinct traits under the selective pressure known as Darwinian evolution. For many thousands of years, most human populations stayed where they were and grew distinct, not just in outward appearance but in deeper senses as well. Wade, the longtime journalist covering genetic advances for *The New York Times*, draws widely on the work of scientists who have made crucial breakthroughs in establishing the reality of recent human evolution. The most provocative claims in this book involve the genetic basis of human social habits. What we might call middle-class social traits—thrift, docility, nonviolence—have been slowly but surely inculcated genetically within agrarian societies, Wade argues. These “values” obviously had a strong cultural component, but Wade points to evidence that agrarian societies evolved away from hunter-gatherer societies in some crucial respects. Also controversial are his findings regarding the genetic basis of traits we associate with intelligence, such as literacy and numeracy, in certain ethnic populations, including the Chinese and Ashkenazi Jews. Wade believes deeply in the fundamental equality of all human peoples. He also believes that science is best served by pursuing the truth without fear, and if his mission to arrive at a coherent summa of what the new genetic science does and does not tell us about race and human history leads straight into a minefield, then so be it. This will not be the last word on the subject, but it will begin a powerful and overdue conversation.

A Guardian Book of the Week Longlisted for the PEN / E. O. Wilson Literary Science Writing Award An award-winning physician and scientist makes the game-changing case that genetic females are stronger than males at every stage of life Here are some facts: Women live longer than men. They have stronger immune systems. They're better at fighting cancer and surviving famine, and even see the world in a wider variety of colors. They are simply stronger than men at every stage of life. Why is this? And why are we taught the opposite? To find out, Dr. Sharon Moalem drew on his own medical experiences - treating premature babies in the neonatal intensive care unit; recruiting the elderly for neurogenetic studies; tending to HIV-positive orphans in Thailand - and tried to understand why in every instance men were consistently less likely to thrive. The answer, he discovered, lies in our genetics: two X chromosomes offer a powerful survival advantage. With clear, captivating prose that weaves together eye-opening research, case studies, diverse examples ranging from the behavior of honeybees to American pioneers, as well as experiences from his personal life and his own patients, Moalem explains why genetic females triumph over males when it comes to resiliency, intellect, stamina, immunity and much more. He also calls for a reconsideration of our male-centric, one-size-fits-all view of medical studies and even how we prescribe medications - a view that still sees women through the lens of men. Revolutionary and yet utterly convincing, *The Better Half* will make you see humanity and the survival of our species anew.

Epigenetics can potentially revolutionize our understanding of the structure and behavior of biological life on Earth. It explains why mapping an organism's genetic code is not enough to determine how it develops or acts and shows how nature combines with nature to engineer biological diversity. Surveying the twenty-year history of the field while also highlighting its latest findings and innovations, this volume provides a readily understandable introduction to the foundations of epigenetics. Nessa Carey, a leading epigenetics researcher, connects the field's arguments to such diverse phenomena as how ants and queen bees control their colonies; why tortoiseshell cats are always female; why some plants need cold weather before they can flower; and how our bodies age and develop disease. Reaching beyond biology, epigenetics now informs work on drug addiction, the long-term effects of famine, and the physical and psychological consequences of childhood trauma. Carey concludes with a discussion of the future directions for this research and its ability to improve human health and well-being.

The purpose of this manual is to provide an educational genetics resource for individuals, families, and health professionals in the New York - Mid-Atlantic region and increase awareness of specialty care in genetics. The manual begins with a basic introduction to genetics concepts, followed by a description of the different types and applications of genetic tests. It also provides information about diagnosis of genetic disease, family history, newborn screening, and genetic counseling. Resources are included to assist in patient care, patient and professional education, and identification of specialty genetics services within the New York - Mid-Atlantic region. At the end of each section, a list of references is provided for additional information. Appendices can be copied for reference and offered to patients. These take-home resources are critical to helping both providers and patients understand some of the basic concepts and applications of genetics and genomics.

Our biology is no longer destiny. Our genes respond to everything we do, according to the revolutionary new science of epigenetics. In other words, our inherited DNA doesn't rigidly determine our health and disease prospects as the previous generation of geneticists believed. Especially in the last ten years, scientists have confirmed that the vast majority of our genes are actually fluid and dynamic. An endless supply of new studies prove that our health is an expression of how we live our lives—that what we eat and think and how we handle daily stress, plus the toxicity of our immediate environment—creates an internal biochemistry that can actually turn genes on or off. Managing these biochemical effects on our genome is the new key to radiant wellness and healthy longevity. Now gaining broad credibility among scientists, the study of epigenetics is at the forefront of modern medicine. According to the author, the real upshot of the epigenetic revolution is that it opens the door to what futurists call personalized medicine. For the first time in a trade book, Dr. Pelletier explains in layperson's language the genetic biomarkers that will become the standard reference for measuring which specific lifestyle changes are required to optimize a given individual's health. In the very near future, each person's state-of-the-art genetic and epigenetic profile—matched with other precise indicators such as assays of the gut microbiome—will guide their daily health practices. This short but profound book by a world-renowned pioneer in integrative medicine introduces readers to this exciting new field, and reveals the steps that each of us can take today to change our genetic expression and thereby optimize our health for a lifetime.

With the advent of CRISPR gene-editing technology, designer babies have become a reality. Françoise Baylis insists that scientists alone cannot decide the terms of this new era in human evolution. Members of the public, with diverse interests and perspectives, must have a role in determining our future as a species.

In this book, a geneticist who studies identical twins “treats the view that genes are destiny with skepticism” (The New York Times). How much are the things you choose to do every day determined by your genes and how much is your own free will? Drawing on his own cutting-edge research of identical twins, leading geneticist Tim Spector shows us how the same upbringing, the same environment, and even the same exact genes can lead to very different outcomes. Thought-provoking, entertaining, and enlightening, *Identically Different* helps us understand the science behind what makes each of us unique and so quintessentially human.

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