

LET HEALTH HAPPEN



Dr. Geoff Walburn, D.C.

I really had every intention to leave sugar alone for a while, but a recent article from the Journal of Experimental Medicine has changed my mind.

If you thought the extra sugar you and your kids ate at Easter had little or only a short term effect, think again. This latest research has shown that human genes remember a sugar hit for **up to two weeks** and change the way your body functions. These authors concluded that all poor eating habits have what they referred to as “dramatic and long-lasting effects” on our cells. Regular poor eating seems to amplify this effect.

This research can be added to the long list of material that suggests that ‘nurture’ is a bigger factor in determining health than ‘nature.’ We used to be taught that we were victims of our genes and that health and sickness comes down to a matter of good or bad luck. They now know that our genes are turned on or off based on our lifestyle choices and our environment – this is the determining factor of health over disease.

The life lesson here is that all the lifestyle choices we make last a lot longer than we might think. Furthermore, because lifestyle choices change the expression of our genes, we pass these tendencies to future generations.

– Dr. Geoff Walburn, D.C.

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