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The new biology of epigenetics

The science of epigenetics, which literally means control above genetics, profoundly changes our understanding of how life is controlled. Environmental influences including nutrition, stress and emotions, can modify genes without changing their basic blueprint. The environment serves as a "contractor" who reads and engages those genetic blueprints and is ultimately responsible for the character of a cell's life. It is a single cell's awareness of the environment that primarily sets into motion the mechanisms of life. In fact epigenetics, the study of the molecular mechanisms by which the environment controls gene activity, is today one of the most active areas of scientific research. Epigenetics reveals that when we change our perceptions and environment, our genes can change as well. The idea that our perceptions override our genes is now at the forefront of medical research. Everything we've left out of the medical model - energy, thoughts, spirit - now turns out to be the primary mechanism of interaction with physical reality. In this presentation, the basic concepts of epigenetics and how it is changing our understanding to health and disease is being shared. And above all, having same genes doesn't mean same having the same fate.

Biography

Akuma Saningong is a Master Communicator. He has completed his PhD in Natural Sciences with emphasis on biotechnology and protein biochemistry. He was the former University Lecturer in Molecular Biology and Polymer Chemistry, former Head of R&D in the sustainable use of bio-wastes to produce biobased products, former Director of three international research and innovation networks with key players from academia and industry. His research areas of interest are protein biochemistry, molecular biology, biotechnology and polymer chemistry.

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