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how this would turn out, since it mentions the widely ridiculed Lamarckian theory of inheritance, and the subtitle "Why You Can Change Your Genes" might sound a

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Identically Different.: Tim Spector. Orion, Jun 21, 2012
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that genes are fixed unentities that cannot be changed by environment - we inherit them, pass them on to our children and take them with us when we die.

<u>Identically Different: Why</u>
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life events and the choices we make, as well as those made by our ancestors, fuse with our inherited genes to mould us into individuals.

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Different is a necessary corrective. Epigenetics will revolutionise medicine and it is one of the keys to explaining the mystery of life.

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They avoid dangerous sports, cigarettes, drugs, and gambling. As identical twins Page 37/44

have exactly the same genes, there you have it, proof positive, it's all in the genes. Except it isn't. Nicky has had five men in her life, Louise 25. Even though they like the same kind of men and both enjoy Page 38/44

sex and have orgasms, their attitudes are utterly different.

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Spector. ... and these changes can be passed on to future generations. Tim Spector's dazzling guide to the hidden world of our genes reveals the complex role they play in shaping our identities, and will Page 40/44

make you think again about everything from sexuality to religion, cancer to autism, politics to pubic hair ...

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both in the food we eat and the microbes we feed is the key. The trillions of microbes in our gut play an important role in digesting food and producing a number of chemicals vital for a strong immune system. We Page 42/44

know that the greater the number of different types of microbe the healthier we can be.

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