

Economic recession can effect your genes

The following is an excerpt.

From financial breakdown in Portugal to the UK's so-called bedroom tax, the harsh effects of austerity measures are hitting people in ways unseen in decades.

Many are focused on the most imminent challenges to their well-being – increased costs of living and job security, for example. But new insights into how genes linked with disease are triggered in times of stress suggest that we should be paying just as much attention to the long-term effects of austerity on our health.

Read the full article here: [Cost of cuts: Austerity's toxic genetic legacy](#)