

How genetics affects our diet and lifespan

[T]oday[,] we have the technological ability to traverse an immense amount of distance with relative ease...[which] often leaves our DNA playing catch-up as we enter into new environments and enjoy the access to [new] types of food...This can often have unforeseen physiological and even dietary consequences.

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[Your saliva is] a cocktail of...enzymes[, one of which is]...amylase from a gene called *AMY1*...[B]ut not all of us have inherited the same number of *AMY1* genes. This means that some people...don't have any amylase in their saliva at all.

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Over time, we all accumulate some types of damage to our genetic material...We used to think this was an inevitable consequence of life, but thankfully we...are now discovering that it's...possible to reverse some of the effects of genetic aging.

[This] can [be] accomplish[ed]...by starting to live, eat and exercise with our own personal DNA in mind. Just remember that as everything happens to you in your life, your DNA is listening and responding to it all.

The GLP aggregated and excerpted this blog/article to reflect the diversity of news, opinion and analysis. Read full, original post: [Use Your DNA To Lose Weight, Reverse Aging, And Live Longer](#)