

You Can Influence and Change the Expression of Your Genes

By Sherri Lund, Wholistic Health Practitioner
June 2, 2008

Attending the first ever Epigenetic Medicine Award Conference & Ceremony last week in Los Angeles, California was a thrill. The high-quality instructors were inspiring, lifting the veil a little higher on how the energetic systems within the body can affect physical and mental health.

“Epigenetics” is a developing field that scientifically explains how our beliefs, thoughts and attitudes can affect our body. (*epi* is the Greek word for “upon,” and *genetics* is the Greek word, *genesis*, which means origins or beginnings. Thus, *epigenetics*, is the study of what controls the expression of genes.) Dr. Bruce Lipton, author of [Biology of Belief](#), explained in layman’s terms how our DNA is affected by the “signals” we filter in from our environment and through our beliefs. Like an emotional immune system, our beliefs about ourselves and our abilities – whether we are lovable or not, worthy or not, respectable or not, acceptable or not, etc., etc. – plays an integral part in our physical immune system as well as other systems within the body.

I was especially delighted to be present at this Conference because last year I wrote my dissertation on the connection between health and emotions. I was astounded at the research that shows how our attitudes, thoughts, and beliefs can set in motion a cascading set of events, setting up disease or reversing it. At the time, I had not heard of the term “epigenetics,” that is how new this field is. But, there is an exciting future for it.

Dr. Oz, of Columbia University and one of the country’s leading surgeons recently stated on Oprah, “Energy medicine is the next big frontier in medicine.” Epigenetic research is being done and notable names such as MD Anderson, Orlando and other health organizations are seriously looking into how patients benefit from this field, how it affects the speed of healing, as well as the level of healing a patient can obtain. That was the focus of this conference – to raise money and awareness for Epigenetic Research.

Energy Medicine compliments medical and alternative health care and, for those wanting to help themselves, it can provide amazing relief to some serious health conditions. Donna Eden, one of the featured speakers at the event and author of the book [Energy Medicine](#), shared some of her health history. She suffered with asthma, severe allergies, and MS through much of her life. After two years of being confined to the bed with MS, her doctors told her she needed to find another mother for her children. She knew she needed to find another way to heal, and she discovered and applied what she learned about “Energy Medicine.”

With Energy Medicine, the subtle energy systems of the body, such as the biofield and meridians used in acupuncture, are cleared, strengthened, and supported to promote health and healing. It can address physical illness and mental issues, as well as promote high-level wellness and peak performance. With this modality, the focus is not on treating symptoms or a disease, but rather, as Donna Eden’s website, www.innersource.net, points out, “it is on keeping the body’s energy system strong, vital, harmonious, healthy. *Diagnosis* is of the energy system, not the disease.”

In activating her own energy system, Donna Eden was able to turn her life and health around. Now she is a beautiful, energetic and very active speaker, traveling the globe as she promotes this way to better health.

Additional highlights of the event included learning from leaders in the field such as Dr. Bruce Lipton, author of Biology of Belief, Gary Craig, founder of the popular Emotional Freedom Technique, and Tapas Fleming, founder of Tapas Acupuncture Technique. Other speakers included Dr. Greg Nicosia, President elect of the Association for Comprehensive Energy Psychology, and Dr. Randy Jirtle, the professor at Duke University whose groundbreaking research earned him the honor of receiving the first ever Epigenetic Medicine Award.

Attending this gathering of the leaders in the field of epigenetics was a treat I gave to myself. After years of reading, writing, speaking, and teaching on the benefits and importance of our energetic system on our physical, emotional and mental well-being, as well as pursuing the training to be a skillful QRA and EFT practitioner, it was a fitting reward for my efforts. I look forward to hearing results coming soon on how our beliefs affect Post-Traumatic Stress Disorder and fibromyalgia conditions. These are exciting times as we watch and participate in the cutting-edge discoveries found in the field of epigenetics.

Sherri Lund, Wholistic Health Practitioner, is the owner of Bridge to Better Health, LLC, located in Houston, TX. She uses Quantum Reflex Analysis and EFT to address the physical, emotional, and mental issues of her clients. For more information about her practice, please visit www.BridgetoBetterHealth.com.

Copyright © 2008 Sherri Lund.

Permission is hereby granted to use, copy, and/or distribute copies of this article. The only requirement is that if you do use this article, or a part of this article, then you should give us credit by including the author's name and website in its documentation.