

# Aging and Genes: Nutrition is Key

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Denver, CO, March 18, 2014 -- /[EPR NETWORK](#)/ -- Each year, millions of Americans die of preventable, often chronic disease. This happens because people believe disease is caused by things they can't control: inherited genes or aging. Neither is true. Health experts know that about 80% of health status is determined by daily choices and gene activity, not inherited genes or age.

Most genes are active day and night. They respond to many activities, especially nutrition. Other areas play a role, including, exercise, stress, weight and inflammation. In fact, it's normal to replace about 1 billion cells every hour, and over time, that complex process of cell division can cause mutations and errors. What's more, those risks are markedly increased by an unhealthy lifestyle.

A new, breakthrough article called, "Telomeres Genes and Aging" explores these critical issues and includes the latest research. The article includes critical "how to" tips to prevent chronic disease and improve longevity! It's based on more than 50 credible source links, including numerous studies and expert sources. Some key findings are:

1. Nutrition and micro-nutrient intakes (vitamins, minerals, antioxidants) are key factors for gene activation and repair, including telomere length and longevity.
2. Other lifestyle areas contribute to gene health, including weight status, sleep, stress, activity, etc., and they all contribute to gene function, replication and repair.
3. Sirtuin proteins also help to activate or silence genes, especially those for metabolism, stress response, brain function, longevity, etc. Sirtuins are also enhanced by nutrient intake and harmed by nutrient deficiencies.

There is now enough research to show how to maximize gene health and replication, including telomere length, health and longevity. By making the right choices, gene health can be maximized, including the repair of mutations and genetic errors. Humans can largely control their health and destiny today!

Here is a link to the full article and source links:

<http://www.endsicknessnow.com/telomeres-genes-and-aging>

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