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Identically Different: Why You Can Change Your Genes. Identically Different. : Tim Spector. Orion, Jun 21, 2012 - Science - 280 pages. 0 Reviews. 'This is not simply a book of ideas, it is also a book of stories, most astounding, many heartbreaking' - Bryan Appleyard, SUNDAY TIMES. Since the discovery of DNA, scientists have believed that genes are fixed entities that cannot be changed by environment - we inherit them, pass them on to our children and take them with us when we die.

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On the other hand, there are twins who grew up together who diverge in sexual orientation, wealth and health. Genetic determinism is still prevalent in our culture and Identically Different

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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 have exactly the same

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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 sex and have orgasms, their attitudes are utterly different.

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

Identically Different by Tim Spector |

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I believe that Diversity, 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 know that the greater the number of different types of microbe the healthier we can be.

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